



OXYGEN SATURATION MONITORING

Purpose: Oxygen saturation meters (or Oximeters) calculate the amount of oxygen in your blood. Monitoring oxygen saturation in the home can help monitor the trend in oxygenation status. Oximeters shine red and infrared lights through skin and measure how much of this light has been absorbed. By determining the amount of *absorbed* light, the oximeter can calculate percent oxygen saturation in your blood. This percentage is sometimes referred by the medical abbreviation SpO₂. Oximetry is intended for monitoring only and the calculations should be used with clinical assessment data and not relied upon solely.

Prescription: Your physician has written a prescription for oximetry, which includes alarm settings.

Types: There are two basic types of oxygen saturation meters, stationary and portable. The stationary types are the usual type used for home monitoring. Portable models can be used if they have a continuous analyzing mode.

Each oximeter uses a sensor that attaches to the skin so the light absorption can be measured. These sensors are usually attached by a spring mechanism to a finger or earlobe. Newer types can be stuck to skin surfaces such as the forehead. These sensors attach to the oximeter by way of extension cable. CAUTION must be maintained to prevent strangulation of the patient and it is recommended that a health care professional monitor oximeter use at all times.

Use: The oximeter must be plugged in at all times when at home. Many models have batteries that can be used when the patient is moving around. Most models will perform a calibration when they are turned on and no external calibration is required. Once the power is turned on the sensor can be attached to the patient. The body part the sensor is attached to must have good blood flow. Inaccurate results may be displayed if the sensors are improperly placed or blood flow is insufficient.

The alarms that are prescribed by the physician are to alert you to a potential decreased oxygen condition. These alarms should not be silenced or set differently than what your doctors has prescribed. All alarm conditions should be investigated and reported. If any emergency should occur – call 9-1-1 immediately.

Maintenance: Oximeters are very delicate instruments and must be kept clean by wiping the exterior unit with a damp cloth. NEVER spray anything on the unit. The sensor may have to be replaced occasionally – contact Discount Drug Mart Professional Medical Equipment and Services for details on how often this is recommended.