



The Rowan Suite

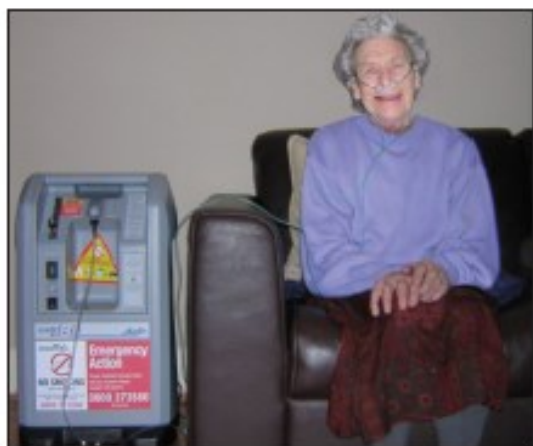
World Class Private Heart & Chest Care

Long Term Oxygen Therapy (LTOT)



Information for Patients & Families

You have been assessed by the Chest Specialists and found to need long term oxygen therapy (LTOT).



Why do I need LTOT?

- Our bodies need oxygen in order to function properly.
- Some people with heart and lung diseases cannot get enough oxygen from the air.

What is LTOT?

- This is oxygen delivered by a special machine called a concentrator.
- It is an important part of your treatment and needs to be used for more than 15 hours a day to have any benefits.

What are the benefits?

- Increase life expectancy
- Improve quality of life
- Improve sleep quality
- Improve oxygen delivery to vital organs

Are there any side effects?

You should seek medical help if:

- You are far more tired than usual.
- You start having headaches particularly in the morning.

Are there any alternatives?

There is no other system available that can deliver oxygen continually in this way.

What is an Oxygen Concentrator?

An oxygen concentrator is a special machine that works from your home electricity supply. Room air is drawn into the unit and passed through a filter that removes impurities.

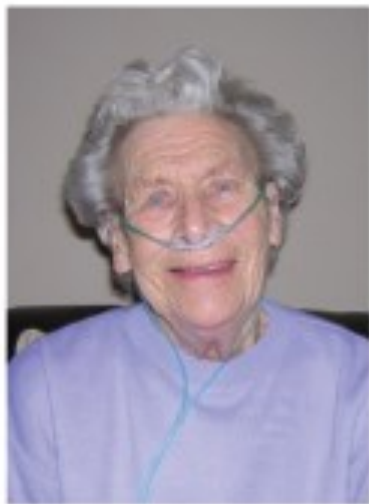
Oxygen Concentrator



Tubing from the concentrator allows you to move around the house



Concentrated oxygen is then delivered to you through nasal cannulae or a mask.



Cannulae



Mask

Where should I put the machine?

The machine can be put in any area of a room where there is an electrical socket but **not** near a naked flame, such as open fires, and gas cookers.

Who will fit the machine?

- An engineer from Airliquide will contact you and fit the machine the following day after the order.
- He will explain how to keep the filter clean and will set the flow rate. Once set, this should not be altered unless instructed to by the hospital.
- You will be provided with up to 50ft of tubing so that you can move freely around the house, with oxygen tubing upstairs if needed.
- The engineer will leave you with a back-up oxygen cylinder and 24hour emergency number for use in the unlikely event that the machine breaks down.

What will happen after the machine is fitted?

- Every 6 months the engineer will contact you to arrange a visit to service the machine and check the amount of oxygen used.
- A few weeks later you will receive payment to cover the cost of the electricity that the machine has used.
- You will receive a 4 week home visit from a nurse.

When should I use the oxygen?

- You should use the machine for at least 16 hours every day.
- The 16 hours can be made up to fit in with your own routine and you should include during your hours of sleep.
- One way of doing it is to put the oxygen on after your evening meal (around 6pm), when you are watching T.V. and keep it on overnight, taking it off after you are washed and dressed the next day, around 10am.

Are there any risks with the treatment?

- Too high a flow of oxygen can be as dangerous as too little. It is important that you do not alter the flow rate.
- Turn on and off by the button on the front of the machine only.
- Oxygen is a serious fire risk. Do not use near naked flame or allow anyone in the room to smoke.

General Advice

- If you experience a sore nose use only cream that does not contain petroleum e.g. KY jelly.
- Do continue your usual routine as much as possible. You will have up to 8 hours when you can continue your usual social activities.
- It is not harmful to use for more than the 16 hours.

For further information :

- Respiratory Nurse - 0151 600 1537 or 1535
- Airliquide 0808 1439992
- British Lung Foundation 020 7831 5831
- www.lunguk.org

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

<p>إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر (على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.</p>
<p>如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。</p>
<p>ئەگەر ئەم زانیاریانەت بەهەر زمانێکی تر یاخود شیوازیکی تر دەویت (بۆ نموونە بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفۆنی 0151 600 1257 پەیوەندیمان پێوە بکە و ناماژە بدە بەر زمانە ی یاخود شیوەیە کە دەتەویت</p>
<p>W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.</p>
<p>Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.</p>