

Checking your oxygen levels:



The hospital staff will need to check your oxygen levels.



They do this with a special machine called a pulse oximeter. The pulse oximeter clips onto the end of your finger like a peg.



The clip not hurt at all. You might need to wear it for a couple of minutes so the nurse/doctor/Health Care Assistant gets a good reading.



This reading will be written down on your file. It is okay to ask the staff any questions you have about your pulse or oxygen levels.



You need good information to make choices about treatment.



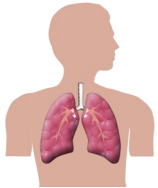
Wearing an oxygen mask



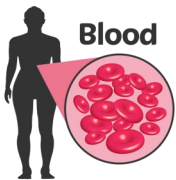
What is oxygen?



We need oxygen to keep us alive. It is in the air that we breathe.



When we breathe in oxygen goes into our lungs.



Red blood cells carry the oxygen from our lungs around our whole body.



When we are fit and healthy we breathe in around 16 times a minute.



How fast we breathe can change depending on what we are doing, how we are feeling or if we are ill.

Why do I need an oxygen mask?



Sometimes we need some help to get more oxygen into our bodies.



In hospital you might be given an oxygen mask to wear.



The mask covers your nose and mouth. Oxygen is pumped into the mask so you can breathe it in.



The mask may be noisy or feel uncomfortable but it is important that you keep it on.



Talk to the staff if you have any questions about the mask or how long you need to wear it for.