

## Using the Pulse Oximeter

You have been given a pulse oximeter (Also known as a sats probe) by your clinician. The purpose of this is to assess your oxygen levels while you are at home and to make sure you are improving. Your clinician has determined you are safe to go home today, but there will be a proportion of people who get worse, rather than better and by using the pulse oximeter this adds another layer of safety. Further information regarding what you need to do next is explained below.

### 1. How to use the Pulse Oximeter?

- Visit [www.ticc19.com](http://www.ticc19.com)
- Youtube video available at: <https://www.youtube.com/watch?v=LYERPKHZVko>

The pulse oximeter is a clip which goes over the finger. When attached, after 5-10 seconds it will give you two different numbers; an oxygen saturation level (sometime abbreviated to SpO2) and a pulse rate (may be abbreviated to bpm or PR). We're interested in the oxygen saturation.

### 2. Recording oxygen levels

Please record your oxygen saturation level four times a day, **while resting**. Do this for five days. Fill these in to the table below:

Day	Morning	Midday	Afternoon	Night
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

If you are able, please record one reading after walking 30 metres (100 feet) and have this reading to hand when you have your next virtual appointment.

### 3. Virtual Appointments

A member of the COVID Ambulatory Clinic team will telephone you daily for about five days to find out how you are doing and what your oxygen saturations have been. If you have not heard from us by 1pm on the first day after you have been sent home from hospital, or have concerns, please phone the COVID Ambulatory Clinic on 0118 322 5201 between 9am til 4pm, seven days a week.

### 4. How to return the pulse oximeter?

Please return the pulse oximeter to the drop off box inside the new AECU (see map), **not** to A&E. Please put the pulse oximeter in an envelope and into this box *when you are fully well*. AECU is open Monday to Friday 8:30am til 4pm.

### 5. Red Flag signs and what to do next

If you become more short of breath, or think your symptoms are worsening please seek medical help via 111 or 999.

# AECU - now in Outpatients 2

