

**Primary Care Patient Instructions for Pulse Oximeter** PLEASE PRINT AND GIVE WITH PROBE TO PATIENT

**Patient Instructions: How to Use the Pulse Oximeter (SpO2) Preparation**: You MUST remove any nail polish or false nail on one finger Get a pen & paper to write down the numbers Wash your hands to make sure they are warm & clean Using the Pulse Oximeter Rest your hand flat on your leg, a table or arm of chair with nails facing upwards Place any finger (not thumb) into the probe. Press the button so the screen lights up. Keep the probe on the finger for 30 – 60 seconds. After 30-60 seconds the numbers on the screen will have settled. Write both numbers down (Readings 1, 2 & 3 below)

Your doctor may ask you to repeat these measurements after exerting yourself (Reading 4 below).

**Returning the Pulse Oximeter** Place the pulse oximeter, with this piece of paper (once completed), into the plastic bag and place in agreed drop off location.

Please note the driver has been asked to respect “social distancing” and will not come within 2 metres of you. **Please DO NOT approach the driver**.

Write Your Results Here

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB

Today’s Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_:\_\_\_\_\_

Measurement: Your results

Reading 1.  *Reading 2.*

*SpO2 (Oxygen Lev*el) \_\_\_\_\_\_\_\_\_\_\_ SpO2 (Oxygen Level) \_\_\_\_\_\_\_\_\_\_\_

PR (Pulse Rate) \_\_\_\_\_\_\_\_\_\_ PR (Pulse Rate) \_\_\_\_\_\_\_\_\_\_

Reading 3. Reading 4(Exertion result-only if requested by GP)

SpO2 (Oxygen Level) \_\_\_\_\_\_\_\_\_\_\_ SpO2 (Oxygen Level) \_\_\_\_\_\_\_\_\_\_\_

PR (Pulse Rate) \_\_\_\_\_\_\_\_\_\_ PR (Pulse Rate) \_\_\_\_\_\_\_\_\_\_

**Do not keep the Pulse Oximeter, it is needed by other patients.**

**Please fold this piece of paper back into the bag so that your results are visible from outside of the bag**