

Patient Information

Respiratory Physiology

Royal Stoke Long-Term Oxygen Therapy (LTOT)

Long Term Oxygen Therapy (LTOT) is a term used to describe supplementary oxygen which is used at home for at least 15 hours a day and used lifelong. An assessment is required to understand how it affects you.

Oxygen therapy is only given to patients who have low oxygen levels at rest. It is not a treatment for breathlessness or anxiety.

LTOT can help to improve life expectancy, quality of life. improve a patient's sleep, as well as helping organs to function better. People with chronic respiratory conditions often must work harder to get all the oxygen that their body needs.

- Lower oxygen levels in your blood happen if your lungs cannot keep up with the bodies demand for oxygen which may make you feel breathless or tired especially when mobilising or exerting yourself.
- Some people who have low blood oxygen levels may not feel breathless at all and equally, some people feeling breathless may have normal oxygen levels.
- Supplemental oxygen can be given if you have low oxygen levels and the assessment will help us to work out the right amount of oxygen for you as too much oxygen can be dangerous.

LTOT Assessment

Please contact the department on 01782 675452 if you have had a chest infection during the last 6 weeks as the test may have to be rearranged. The assessment may include up to 2 visits.

First Visit. A small blood sample will be taken from your earlobe to check oxygen levels whilst you are breathing normal room air (21%).

Second Visit. If your oxygen levels are low on the first visit, you will be asked to come in for a second visit approximately 3 weeks later to repeat the test. If on the second visit your oxygen levels are still low, you may be asked to breathe some supplementary oxygen. The amount of oxygen will be adjusted until you are breathing the correct amount

You will be advised after the assessment if oxygen levels need to be rechecked.
You will be asked to give consent to order oxygen.

Replacing oxygen cylinders

If your oxygen cylinders are running low, please contact your provider on the numbers at the bottom of the leaflet which will normally be replaced on the next working day. **Please ensure that you get in touch with your provider before you completely run out.**

Your oxygen flow rate is calculated to be safe and sufficient for you and should not be changed without medical advice/guidance. If you are feeling more breathless than normal this may be a sign that you are unwell, so please seek medical advice.

Travelling with Oxygen in the UK

Please make sure that if you are going on holiday in the UK as an oxygen therapy patient that you plan well in advance. Always inform the travel companies and insurers that you use home oxygen therapy.

Please contact your oxygen provider (Baywater) who can arrange for any oxygen equipment to be delivered to your holiday address which is free of charge.

Travelling with Oxygen abroad

If you plan to fly, please speak to your Respiratory Consultant about your fitness to fly before you book your flight.

The doctor will decide if you require a fit to fly assessment as your prescription may be changed during the flight.

Oxygen will need to be privately arranged and you may be required to pay for this service.

Safety when using Oxygen

Using oxygen is safe when used correctly. Instructions include:

- **DO NOT smoke or let anyone smoke (including e-cigarettes/vapes) near you when you are using your oxygen therapy.** Smoking will aggravate the condition and oxygen is highly flammable.

- **Keep away from naked flames and heat.** Keep your cylinders and your concentrator away from any fires (at least 3m from open fires and 1.5m from closed fires), heaters or cookers.
- **Turn your oxygen off when not in use.** Oxygen may build up in the material and make it more flammable.
- **Avoid oil-based creams.** Some lotions contain paraffin or oil which can react when used with oxygen therapy. Use a water-based cream such as KY Jelly.

Contact Numbers

Staffordshire/Cheshire patients www.baywater.co.uk.

Oxygen equipment queries: **Baywater** tel: 0800 373580

Cheshire East patients: uk.healthcare.airliquide.com

Oxygen equipment queries **Air Liquide** tel: 0800 637737

Prescription queries: **Respiratory Physiology** tel: 01782 675456

Test queries: **Respiratory Physiology** tel: 01782 675452

Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language