



# Breathe easier

Patient guide to oxygen therapy

**PHILIPS**

**RESPIRONICS**

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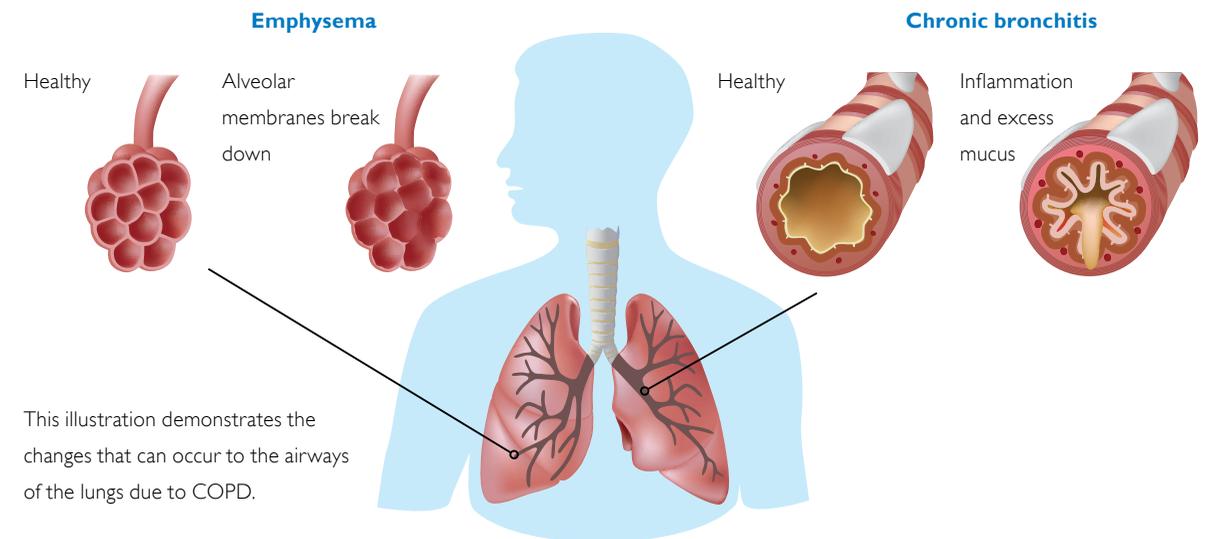
# The facts about COPD

You have been prescribed oxygen by your physician because you have been diagnosed with chronic obstructive pulmonary disease (COPD), which is a combination of diseases that make breathing difficult. Emphysema and chronic bronchitis are the two main forms of the disease that inhibit your ability to breathe.

- Symptoms include:
- shortness of breath
  - chronic coughing
  - increased mucus production

COPD symptoms may be subtle at first. Many people may think they are just getting older. As a result, they might make small changes in their lives to compensate for the onset of symptoms.

When you are unable to exhale, there is not enough room for oxygen-rich air to enter the next time you take a breath. Causes of COPD can include smoking, chronic exposure to irritants, indoor and outdoor pollution, chronic infection, genetic predisposition, or other factors.



# Understanding oxygen therapy

COPD is a progressive disease that can be treated with oxygen to supplement the good air that is entering the lungs. In addition to the other medications prescribed by the physician, the extra oxygen helps protect the body, helps you to function better, and allows you to stay more active.

Low levels of oxygen in the blood may be determined by a pulse oximetry or an arterial blood gas test. When oxygen blood levels are low it is called hypoxemia and can:

- constrict airways within the lungs, straining the heart to pump harder and eventually becoming larger and weaker
- increase the creation of red blood cells that carry oxygen through the blood stream which may cause blood clots, headaches, and high blood pressure
- harm the brain with memory and speech problems
- reduce physical activity

Oxygen therapy may help by reducing the effects of low oxygen levels by improving:

- energy and breathing
- sleep and mood
- mental alertness
- body's ability to carry out normal functions

Or by decreasing:

- morning headaches
- sleepiness
- irritability
- breathlessness



## How many hours a day will I need to use the oxygen?

In most cases, oxygen is prescribed for continuous use. If your oxygen level is found to be low, using less than 15 hours a day has not been shown to provide a benefit, and does not protect your heart, brain and other organs of the body. If you are instructed to use continuous oxygen and choose to stop using it temporarily, it is best to do so only while resting quietly and not while sleeping, walking, or exerting yourself.\*

Sometimes, oxygen is required only part of the day such as during exercise when you use more energy and therefore need more oxygen. The immediate benefits may be relief of breathlessness and an improvement in your ability to walk or perform daily activities.

## Will I need oxygen when I sleep?

During sleep, your breathing slows. People who have low oxygen levels while awake are usually also lacking oxygen during sleep. In some cases, people who do not require oxygen while awake may require extra oxygen while sleeping. Your healthcare professional will determine if and how much oxygen you should receive at night.

\*Source: the American Thoracic Society [www.thoracic.org/clinical/copd-guidelines/for-patients/index.php](http://www.thoracic.org/clinical/copd-guidelines/for-patients/index.php)



# Choices in oxygen therapy equipment

You and your physician will establish the type of oxygen delivery system that is best for your lifestyle and your oxygen requirements. The supplemental oxygen liter flow prescribed can be determined by the oxygen saturation level in the blood found by the pulse oximetry test. Also taken into consideration is whether you will need a continuous flow of oxygen (gas is delivered throughout the breathing cycle) or what is called pulse dose (gas is only delivered while breathing in).

There are two types of oxygen delivery systems: stationary and portable. Stationary systems can provide a large amount of oxygen but are not mobile; portable systems allow you to be more mobile. A portable oxygen concentrator may be referred to as a POC. The following charts highlight some of the systems and their features.



Equipment choice and modality can be generally based on the following:

- Prescription
- Oxygen saturation level
- Physical activity level
- Amount of travel
- Type of insurance

## Types of oxygen therapy systems

Stationary	Features	Products
Concentrator	Uses a compressor that requires an electrical source	EverFlo
Portable		
Concentrator	Lightweight, portable option that can run on batteries or AC and DC electricity	SimplyGo, SimplyGo Mini

# Choices in oxygen therapy equipment

## Stationary oxygen systems

	Type	Users	Notable features
 EverFlo	5 LPM stationary concentrator	For users who require stationary oxygen of up to 5 LPM	<ul style="list-style-type: none"> <li>• Easy to use and maintain</li> <li>• Compact</li> <li>• Lightweight (14.06 kg)</li> <li>• Non-medical design</li> <li>• Transportable</li> <li>• Philips green product</li> </ul>

## Portable oxygen systems

	Type	Users	Notable features
 SimplyGo	Portable oxygen concentrator with continuous flow and pulse delivery	The only portable oxygen concentrator to offer both continuous flow and pulse-dose delivery in a single device weighing only 4.5 kg	<ul style="list-style-type: none"> <li>• Delivers up to 2 LPM</li> <li>• Pulse settings 1 to 6</li> <li>• Weighs 4.5 kg</li> <li>• Simple to remove or replace rechargeable battery</li> <li>• Rugged, impact-resistant design</li> <li>• Requires no user maintenance</li> </ul>
 SimplyGo Mini	Lightweight portable oxygen concentrator with pulse delivery	Has the ability to deliver nearly 20% more oxygen than the nearest competitive portable oxygen concentrator weighing about 2 kg	<ul style="list-style-type: none"> <li>• Pulse settings 1 to 5</li> <li>• Weighs 2 kg</li> <li>• Simple to remove or replace rechargeable battery )</li> <li>• Rugged, impact-resistant design</li> <li>• Requires no user maintenance</li> <li>• Lightweight and easy to carry</li> </ul>

## Safely living with oxygen

The potential for fire with oxygen is well-known as it makes things burn faster. However, this is sometimes forgotten or overlooked. There are a few simple precautions that can be taken to create a safe environment in your home when using oxygen.

First and foremost is to make sure that you have working smoke detectors throughout your house. And, be sure that you have a working fire extinguisher as well. If you move around the house with your oxygen, you may need more than one fire extinguisher placed strategically throughout your living area.

Smoking can be very dangerous. No one, including yourself, should smoke in a room where you are using oxygen. Put a NO SMOKING sign in every room where oxygen is being used.

Be careful with your oxygen when you cook, keeping oxygen away from the stovetop and oven. Watch for splattering grease as it can catch fire.

Keep oxygen at least six feet away from the following:

- toys with electric motors
- electric baseboard or space heaters
- open flames, such as wood stoves or fireplaces
- electric blankets
- hairdryers, electric razors, and electric toothbrushes as they may spark

### Other tips:

- Do not store oxygen in a trunk, box, or small closet.
- Storing oxygen under a bed is okay if air can move freely under the bed.
- Do not use oil, grease, or petroleum based products on or near the equipment.
- Avoid petroleum-based lotions and creams on your face and upper chest. Aloe vera and similar products can be used.
- Use caution with oxygen tubing so as not to trip or become entangled in furniture.
- Be familiar with the equipment and safety checks established by your medical equipment provider. Keep emergency service and other important numbers programmed into or posted near your phone.

## Traveling with oxygen

Traveling with oxygen may seem intimidating. With a little planning, however, it can be easily—and safely—done. If you use oxygen on a regular basis, you will most likely need to use portable oxygen whenever you travel, whether it is across the street, a ride around town, or a trip across the country.

### Traveling by car

If you are traveling by car and your vehicle is large enough to transport your oxygen concentrator, you can bring it with you and use wherever you have access to electrical outlets. You can use portable oxygen, which has become quite light and easy to use, while in the car and wherever you don't have access to electricity.

### Air travel

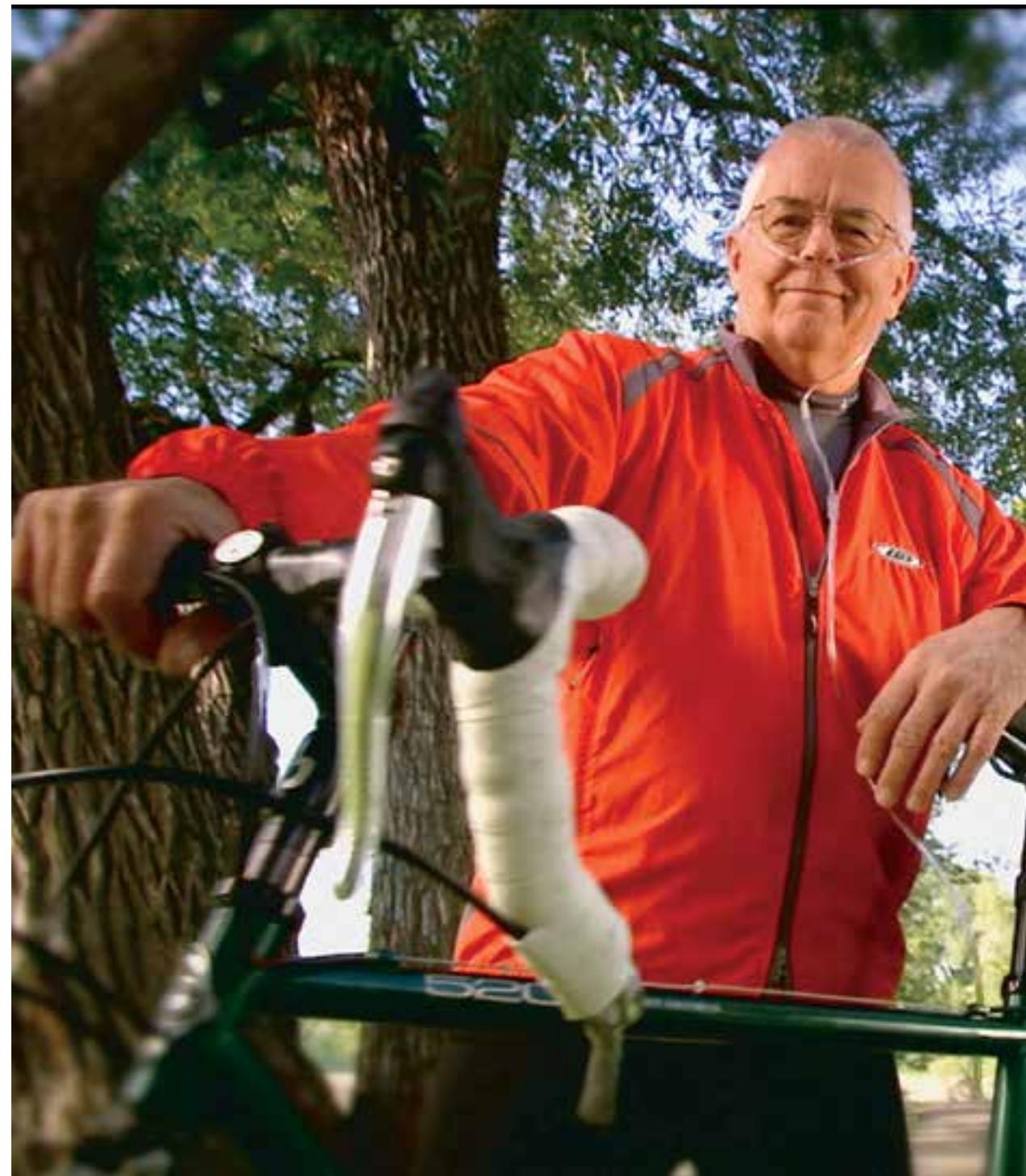
When traveling by airplane, it is best to investigate the airlines and their policies on oxygen use during the flight. While booking, and again 24 to 48 hours in advance of your flight, notify the airline about your oxygen requirements as you may be required to sit in a certain seat. A portable oxygen concentrator (POC) can be used as long as it is an FAA-approved device such as the SimplyGo POC.

### Bus or train travel

Bus and train lines vary in their rules and regulations. Most bus lines will allow you to carry on portable oxygen, but you'll need to check with them in advance of your trip. Some train lines may permit you to bring oxygen on board but require you use your own generator for power. Always call the bus or train line you're planning to use as far in advance of your trip so you can plan accordingly.

### Cruise ships

If you're feeling adventurous enough to try a cruise, you might be surprised to find how easy most cruise lines make traveling with oxygen. Many cruise lines will provide oxygen while others will allow you to bring your portable oxygen concentrator. Again, be sure to call ahead.



### Oxygen user spotlight—Mark

Mark was diagnosed with COPD in 2003 and uses supplemental oxygen. He is an avid bicyclist in his hometown of Cheyenne, Wyoming, USA and has ridden nearly 15,000 km while relying on supplemental oxygen.



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