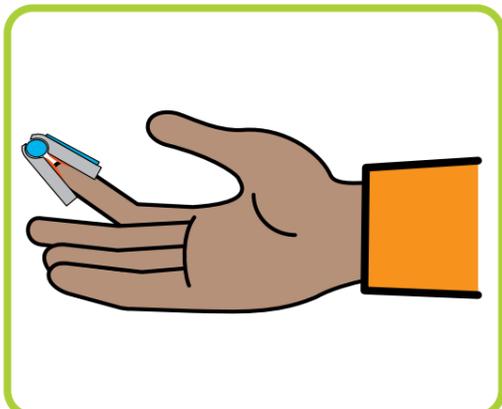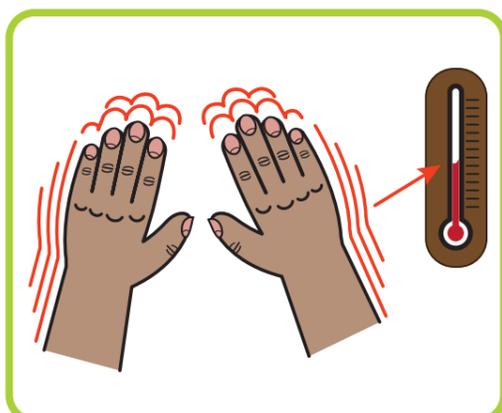# How to use this Pulse Oximeter

get checked out
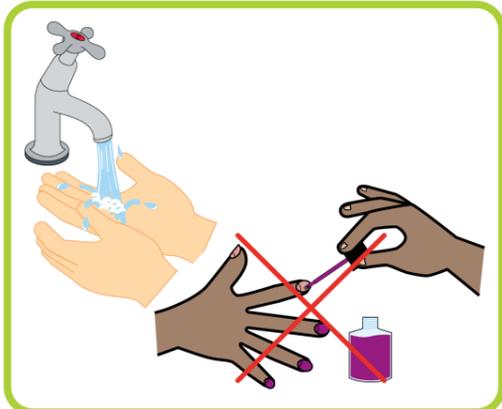
Remember to wash your hands before and after you use the pulse oximeter.

You cannot use the pulse oximeter if you are wearing nail varnish or if you are wearing false nails.

The pulse oximeter goes on the end of your finger and is not painful.

Before you put the pulse oximeter on to the end of your finger make sure your hands are warm so that there is good blood flow to the ends of your fingers.
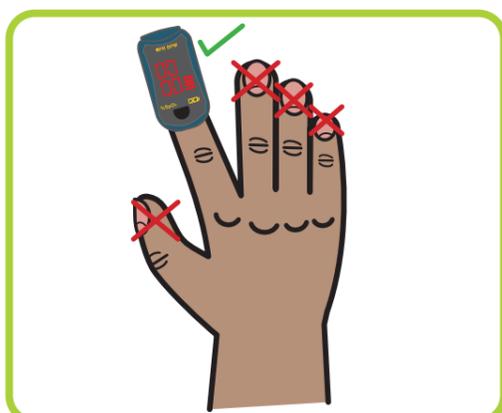
Sit comfortably for **5 minutes** then switch pulse oximeter on.

Attach the pulse oximeter to the end of **one of your fingers**.

Keep your arm comfortable and still.

You can write down what the pulse oximeter says once it stops in you **Pulse Oximeter Chart**

Pulse Oximeter Chart

Get Checked Out

First name:	Surname:	NHS Number (if known):
Date of birth:	Age:	

Base line Pulse Oximeter measurement reading	

Date	Time	Heart Rate (Pulse)	Oxygen level %	Temperature (if you have a thermometer)	Better/Worse/The same	Notes (Optional)

One number measures how fast your heart is beating.

PRbmp

One number measures how much oxygen is in your blood.

%SpO2

You don't have to take your temperature but if you can write it here