



Recording and Acting on results



Record results in the **Pulse Oximeter Chart**

Take measurements **three times a day**, around the same time every day.

Take extra measurements if there has been a change in health.



What **Oxygen Levels Mean** and **What You Should Do**

Remember some people have lower levels when they are well-these are normal for them.

BLOOD OXYGEN LEVEL	WHAT YOU SHOULD DO
95% and above	Normal Continue monitoring and recording in the diary
Between 93% and 94%	Abnormal Speak to your GP or 111/Out of Hours Service if GP is closed
91% and 92% and below	Very abnormal Need assessment within 1 hour at Hospital Accident and Emergency
90% or lower	Call 999



Remember

Ring 999 if you see signs of:

Chest pain/Heart attack

Signs of a stroke

Prolong seizure/fitting

Collapse

A rash which does not go away when a glass is pressed against it

Obvious significant injury such as a broken bone