

# Long-Term Oxygen Therapy (LTOT)

An information guide



# Long-Term Oxygen Therapy (LTOT)

You have been referred for a long-term oxygen therapy assessment.

## What is Long Term Oxygen Therapy?

Long-term oxygen therapy is an important part of your treatment and needs to be used more than 16 hours a day for it to work properly. The oxygen is delivered via a machine called a concentrator.

## Why might I need Long-term Oxygen Therapy?

Our bodies need oxygen in order to function properly. Some people with heart and lung diseases cannot get enough oxygen from the air, therefore long-term oxygen therapy is needed.

## What are the benefits of having the treatment?

The benefits are:

- Increased life expectancy.
- Improved quality of life.
- Improved sleep quality.
- Improved oxygen delivery to vital organs.

## Are there any side effects?

You should seek medical help if:

- You are far more tired than usual.
- You start having headaches, particularly in the morning.

## **What is an Oxygen Concentrator?**

An oxygen concentrator is a machine that works from your home electricity supply. Room air is drawn into the unit and is then passed through a filter to remove the impurities. The concentrated oxygen is then delivered to you through nasal cannula or a face mask.

## **Where should I put the machine?**

The machine can be put in any area of a room where there is an electrical socket but no naked flame, such as open fires and gas cookers.

## **Who will fit the machine?**

- You will be contacted by an engineer from the home oxygen supply company to arrange installation of the machine within three days of ordering.
- They will explain how to keep the filter clean and will set the flow rate. Once the flow rate is set then this should not be altered unless instructed otherwise by a specialist clinician.
- You will be provided with up to 15 metres of tubing to enable you to move freely around your house.
- The engineer will leave you with a back-up oxygen cylinder and a 24-hour emergency contact number in the unlikely event that the machine breaks down.

## **What will happen after the machine is fitted?**

- The engineer will contact you every 6 months to arrange a visit to service the machine and check the amount of oxygen you have used.
- A cheque will be sent to you to cover the cost of the electricity you have used on your machine.

## **When should I use the oxygen?**

- You should use the concentrator for at least 16 hours every day.
- The 16 hours can be made up to fit into your own routine.
- You could put your oxygen on after your evening meal, around 6pm when you are watching television, keep it on overnight and then remove it the next morning around 10am. If there are times you need to come off the oxygen, just make this time up later in the day when you are able to use it.

## **Are there any risks associated with the treatment?**

- If the oxygen flow is too high or too low, it can be equally as dangerous. It is therefore very important that you do not alter the flow rate of your oxygen
- Only turn the concentrator on and off by pressing the front button
- Do not use the concentrator near to a naked flame or allow anyone to smoke, or use an e-cigarette in the same room as the oxygen - this is a serious fire risk.

## General Advice

- If you experience a sore nose, only use aqueous creams or aqueous jelly. Do not use products containing petroleum.
- Use the 8 hours when you are not connected to the oxygen concentrator to continue with your usual activities.
- If you require portable oxygen to leave the house contact the home oxygen service to discuss your needs with one of our specialist nurses or therapists.
- You will receive a home visit from one of our specialist nurses or therapists following the first month of starting oxygen. After this you will be requested to attend clinic appointments to ensure you are on the correct amount of oxygen
- If you have any questions or concerns please contact the home oxygen service and our team will assist you as required.

## **Helpline Telephone Numbers:**

Bay Water Healthcare helpline - 0800 373 580

Bay water Healthcare website - <https://www.baywater.co.uk>

Home Oxygen Assessment Service - 0161 922 3175

(Northern Care Alliance (NCA) - 8.30 am - 4.30 pm)

**Notes:**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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