

Pulse Oximeter Information Leaflet

Why are you being monitored?

You will be provided with a pulse oximeter to monitor your oxygen levels at home. The reason why we are asking you to monitor your oxygen level is because this helps us to assess Covid-19 related symptoms and identify whether you need oxygen which will require hospital treatment.

How long will you be monitored for?

We will be monitoring you throughout your isolation and until you have been stable for at least 48 hours and this could possibly take up to 2 weeks.

During your isolation period you should **stay at home**. Throughout this period and beyond, you should wash your hands regularly with soap and hot water, and **practice social distancing** in line with government advice.

What will happen when you are being monitored?

A Health Care Professional will bring you a pulse oximeter. They will explain how to test your oxygen saturation levels, three times per day. You can record this result on your badgernet app and should inform the midwife of your readings when they call you.

When you access your Badger Notes app, next to the weeks of pregnancy you will see an O₂ symbol. If you click on this it will open a section that gives you information on why you are being monitored, what to do if you are unwell, and a 'review and submit readings' button for you to input your pulse oximetry readings.



These events shown here are only the plan of care. All appointments of actual events should be confirmed by your midwife or health care professional. Please feel free to discuss with your midwife if you have any questions.

Pulse oximetry recording

Why are you being monitored?

You will be provided with a pulse oximeter to monitor your oxygen levels at home. The reason why we are asking you to monitor your oxygen level is because this helps us to assess Covid-19 related symptoms and identify whether you need oxygen which will require hospital treatment.

How long will you be monitored for?

We will be monitoring you until you have been stable for at least 48 hours and this could possibly take up to 2 weeks.

During this time, and for 14 days after you recover fully, you should stay at home. Throughout this period and beyond, you should wash your hands regularly with soap and hot water, and practice social distancing in line with government advice.

What will happen when you are being monitored?

A Health Care Professional will bring you a pulse oximeter and patient diary. They will explain how to test your oxygen saturation levels and how to record your symptoms in your diary. It is important that you record your oxygen levels three times a day.

Call 999 if:

You are unable to complete short sentences at rest due to breathlessness.

Your breathing suddenly worsens within an hour.

OR

You are coughing up blood.

You have blue lips or face.

You feel cold and sweaty with pale or blotchy skin.

You have a rash that does not fade when you roll a glass over it.

You collapse or faint.

You become agitated, confused or drowsy.

You have stopped urinating or are urinating much less than usual.

Your Oxygen Saturation are 92% or less - Call 999.

[Review & submit readings](#)

When your midwife calls you to complete COVID wellbeing calls, she will review these results but it is essential that if you are feeling unwell or your reading is below 94%, you must call maternity triage 24/7 on 01922 656967 straight away. If it is an emergency you must call 999 straight away.

How to use your pulse oximeter?

A pulse oximeter is a simple device. It measures heart rate and level of oxygen in your blood quickly and painlessly.

Remove nail polish and acrylic nails on the finger that you will be using for measuring as this can adversely affect the result.

- Please wash your hands in warm water to ensure your fingers are clean and warm as cold fingers, poor circulation or low blood pressure will affect readings.
- Please take the reading after you have been resting for at least 5 minutes.
- Rest your hand on your chest at heart level and hold still.
- Switch the pulse oximeter on and place it on your finger. It works best on your middle or index finger. It should not be used on your ear.
- Please do not raise your arm or squeeze the probe as it can affect the readings.
- Press the black button to turn on.



Press the black button on the top which turns on the pulse oximeter.

- Ensure there is an indicator on the oximeter confirming a regular waveform on the display.



Regular waveform is the line that can be seen on the bottom of the display.

- The reading takes time to steady. Keep the oximeter in place for at least a minute, or longer if the reading keeps changing.



Oxygen saturation - This is your oxygen levels in your blood which will be picked up by your pulse oximeter as a percentage.

Pulse - This is your pulse rate which will be picked up by your pulse oximeter as beats per minute.

- Record the highest result once the reading has not changed for at least 5 seconds. Normal limits are between 95-100%.

Your first measurement is your baseline and should be taken on the first day you get your pulse oximetry. Please complete three times per day and record the results. Take the reading at the same time each day, for example when you normally eat in the morning, at lunch time and in the evening. Take extra measurements if you feel there has been a change in the way you feel.

Please also record the following information as well if you are able to as it helps us to understand how you are.

Temperature – Please take your temperature using your own home thermometer if you have one.

Breathing – Count how many times you take a breath in a minute which is one count for breathing in and out.

Feeling Worse/Same/Better – This is your overall sense of how well or unwell you are feeling compared to yesterday. This could be that you feel weaker, more breathless, and lightheaded, or if you develop new symptoms i.e. diarrhoea, vomiting, stopping urinating and chest pains.

As long as your oxygen level and breathing is normal you do not need to contact the Hospital, Maternity Service, GP or NHS. Your oxygen levels should be between 95-100% and your breathing rate should be between 12-20 breaths per minute.

What do I do if I begin to feel worse?

Call Triage 24 hours per day on 01922 656967 with any concerns with yourself or your baby. It is really important that you continue to monitor your baby's movements and call and attend Maternity Services if anything is different or you have any concerns with your baby.

- You slowly start feeling **more unwell or more breathless** for two or more hours.
- You are having difficulty breathing when getting up to go to the toilet or similar exertion.
- You sense that something is wrong (general weakness, extreme tiredness, loss of appetite, reduced urine output, unable to care for your self-simple tasks like washing and dressing or making food).
- Your oxygen saturation reading is **94% or less.**
- Your heart rate reading is persistently (which is a period of 2 minutes) 110 and above.

Call 999 if:

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- Your **breathing suddenly worsens** within an hour.
OR
- You are coughing up blood.
- You have blue lips or face.
- You feel cold and sweaty with pale or blotchy skin.
- You have a rash that does not fade when you roll a glass over it.
- You collapse or faint.
- You become agitated, confused or drowsy.
- You have stopped urinating or are urinating much less than usual.
- Your Oxygen Saturation **are 92% or less - Call 999.**

Returning the Pulse Oximeter

- Please wash your hands with soap and water.
- Clean the pulse oximeter with an antibacterial wipe.
- Put it in a clean bag clearly marked with your name and address.

Please return to your community midwife or the antenatal clinic route 122.