

# Getting Started with Oxygen Therapy

Your health care provider has prescribed oxygen therapy for you. Oxygen therapy increases the amount of oxygen your lungs receive and deliver to your blood. This therapy supports you in your everyday activities when breathing becomes difficult.

Your provider will help you understand when and how to use oxygen therapy.



## 1. Before Delivery

It's important that you get to know your durable medical equipment (DME) supplier. The supplier should contact you to schedule your delivery.

**Note:** If your physician prescribed a specific oxygen delivery system, suppliers are required to provide what is prescribed. If the equipment you receive is different from the system your physician prescribed, be sure to talk to your physician.

For more information about DME suppliers and tips on how to prepare your home for the oxygen therapy system, see the **Complete Oxygen Therapy Guide** in your **Oxygen Toolkit**, or visit our website.

### What is a DME supplier?

Your physician prescribes oxygen therapy, but a local durable medical equipment (DME) supplier brings the oxygen therapy system to your home. The DME supplier is your go-to resource for maintaining and servicing your equipment and for oxygen-related supplies. Contact your DME supplier if you need more supplies or plan to travel.

## 2. On Delivery Day

It's important that you be home at the time of delivery. DME suppliers can guide you through setup and answer any questions you have about the equipment. Also, some of the equipment can be difficult to handle. Ask the supplier to help you if you need it.

### REMEMBER TO:

- Write down your delivery driver's contact information and his or her delivery schedule in your Journal to keep it handy.
- Ensure that you have received the system setup your physician prescribed for you and know your prescribed liters per minute.
- Review operation instructions and maintenance guidelines for your equipment.
- Know who to contact at your DME supplier for additional supplies and equipment troubleshooting.

- Hang an oxygen notification sign provided by your oxygen provider on the front door or window so emergency services are aware that there is oxygen in the home before entering.

### 3. After Delivery

Three to 4 weeks after your oxygen therapy system is delivered, follow up with your provider to make sure things are going smoothly.

#### PLANNING A TRIP?

Review your **Trip Planning Guide** for more information.

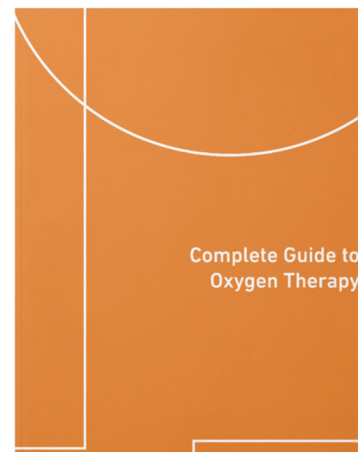
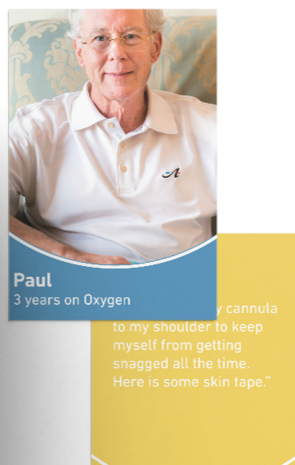
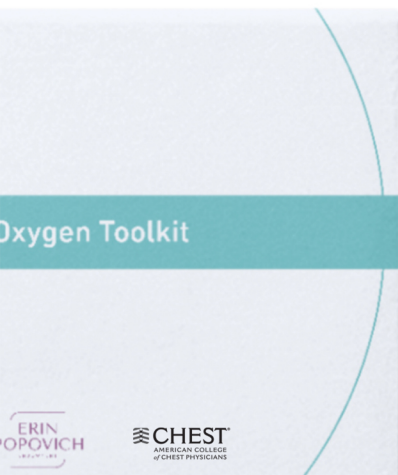
#### SUPPORT GROUPS

Support groups are a great way to connect with other people on oxygen therapy and obtain additional resources. Visit our

### Did you know?

Did you know that the Life Hack Note Cards contain helpful tips from other people on oxygen therapy?

Also, the Complete Guide to Oxygen Therapy contains important information about maintaining your oxygen therapy system.



### PROBLEMS?

#### MEDICAL EMERGENCY

In the event of a medical emergency, **CALL 911.**

#### EQUIPMENT ISSUES

If you have any trouble with your equipment—for example, if you need a replacement filter, need system maintenance, or are low on supplies—contact your DME supplier.

#### NON-EQUIPMENT ISSUES

For issues not related to your oxygen therapy equipment—for example, if you want to update the oxygen flow amount or need help setting up a new oxygen therapy system—contact your health care provider.