

**MODULE 7**  
**OXYGEN THERAPY**

## Oxygen Therapy Details

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My oxygen prescription: \_\_\_\_\_

Date of my last oxygen assessment: \_\_\_\_\_

My oxygen supplier is: \_\_\_\_\_

My suppliers contact number is: \_\_\_\_\_

The next scheduled maintenance on my concentrator is: \_\_\_\_\_

### Maintenance for my oxygen concentrators

- There are many types of oxygen concentrators, follow the manufacturer's recommendations for regular cleaning and yearly maintenance service appointments.
- Keep your concentrator away from corners and walls, this is where dust collects.
- Only distilled water should be used in disposable oxygen humidifier bottles.
- Check the air intake filters twice a week. Make sure they are clean and clear of debris. Do not use soap when cleaning filters.
- Wipe the exterior of the concentrator with a damp cloth and mild cleaner while the concentrator is unplugged.

### Maintenance of nasal cannula/mask

- Wipe my nasal cannula/mask tubing daily with warm water and mild soap, dry well.
- Wipe my extension tubing weekly with warm water and mild cleaner.  
(No need to disconnect from concentrator or from cannula/mask tubing)
- Check for cracks in my nasal cannula/mask and tubing.
- Replace my nasal cannula, mask or tubing every 2-4 weeks.  
(This depends on how you use your oxygen).
- Talk with a certified respiratory educator for more guidelines.