



Home Oxygen Information Leaflet



Information for parents and carers

Introduction to home oxygen

Home Oxygen Assessment:

An assessment will be carried out at your home to ensure the environment is suitable for oxygen therapy. This will be conducted by a member of your community nursing team or a representative from the oxygen supply company.

Someone MUST be present at home for the assessment to take place. If your home is deemed safe for oxygen installation, the next steps in the process to support your child's discharge with home oxygen will begin.

Before the online Home Oxygen Order Form (HOOF) can be completed, you must sign a patient consent form confirming that you agree to have oxygen equipment installed in your home.

Using Home Oxygen

The Home Oxygen Order Form (HOOF) is an online form used to prescribe your child's oxygen needs. After it is submitted, the oxygen supplier will contact you to schedule the initial installation.

As part of the assessment, the required oxygen flow rate for your child (**litres per minute**) and the recommended duration of use each day (**hours per day**) will have been established. Oxygen is a prescribed medication, using more than the prescribed amount can be harmful to some, while using less may offer little or no benefit.

It is IMPORTANT that you:

NEVER adjust the amount of oxygen unless you have been instructed to do so by a healthcare professional or it is clearly documented in the care plan (for example, in the event of an emergency or as part of an agreed oxygen weaning plan). If your child is unwell, seek medical attention.

ALWAYS follow the guidance of your healthcare professional.

ALWAYS follow the important health and safety advice.

NEVER use more oxygen than that prescribed by your healthcare professional.

Oxygen Equipment

See the following for details on the different types of oxygen equipment available:

Static Oxygen Concentrators

Oxygen concentrators are machines that take in normal air and filter out most of the other gases, leaving mostly oxygen. This oxygen is then sent through a tube to a small mask or soft tubes (called a cannula) that your child wears to breathe in the oxygen.

These machines provide a steady supply of oxygen at home and are helpful for people who need higher amounts or use oxygen for many hours a day. Oxygen concentrators run on electricity, so they need to be plugged in to work.



You will be supplied with 1 large static cylinder as a backup to the concentrator.

Concentrators are mainly prescribed as they provide a constant supply of oxygen. Concentrators are used:

- To provide oxygen to patient in their home for 24 hours a day, 7 days a week.
- To avoid regular health professional call outs.
- To prevent oxygen from running out.
- To reduce the risk of fire.

Never adjust the flow rate on your concentrator without consulting your health care provider

Electricity Refund:

You qualify for a refund covering the electricity used by your oxygen concentrator. **The supplier of the concentrator will make payments every 3 months.** The refund amount is calculated based on the machine's usage hours over a given time frame, recorded by an internal meter. This refund is separate from your standard utility bills.

Static Oxygen Cylinders

10-litre static oxygen cylinders are primarily used as a backup supply for an oxygen concentrator in the event of a power outage or equipment failure.

They are also suitable for patients who require only low volumes of oxygen at home.

The static oxygen cylinders can deliver a flow rate from 1-15L/min.



Portable Oxygen Cylinders

490 litres of compressed gaseous oxygen is contained in a portable 2 litre cylinder.

Portable oxygen cylinders are designed for use outside the home, allowing users greater mobility and the ability to engage in activities away from their home environment.

The portable cylinder is typically used for adults on flow rates of up to 15 litres per minute and for paediatrics on micro flow and low flow rates of 0.01 - 1 litre per minute.



Additional Items

You will also need the following items for the home oxygen prescription:

Nasal Cannula



Nasal cannulas are lightweight and have two soft prongs that fit in the nares and attach on each side to tubing. Different sizes are available. The prongs should be checked daily for blockage, and it is advisable to change the tape/clean every week. Nasal prongs should be replaced once a month.

Face Mask



A face mask is used in children who require more than 2L/min of oxygen. This is an alternative route to administer oxygen. The mask must be applied over the nose and mouth and secure around the head to be effective. A face mask should be washed with warm soapy water once a week and must be replaced 6 monthly or when necessary.

Low Flow Metre:



A flowmeter is a device that is attached to the regulator and is used to control the oxygen flow. It also controls lower flow rates for paediatric patients.

Humidifier :



A humidifier is a small plastic container attached to the front of a concentrator which allows moisture to mix with oxygen before being passed through the cannula to the user.

Fire Breaks:



A fire break is a safety device fitted between a cannula or mask and the tubing attached to the oxygen equipment. This is an extra line of defence to limit the impact of an oxygen fire by automatically arresting the oxygen flow. You should never tamper or remove this.

Extension Tube



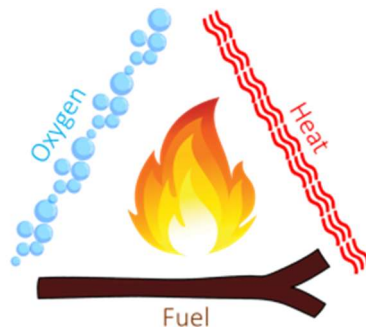
This is a universal oxygen tubing that has funnel ends/female connectors and attaches easily to most fittings. It can be added to a nasal cannula or mask without affecting the flow of oxygen from a stationary concentrator or static oxygen cylinder. This is usually fitted by the oxygen technician on the day of the oxygen installation to allow for easy movement around the home while still connected to oxygen.

Be careful not to trip over your oxygen tubing!!!

The oxygen supply tube delivers oxygen from the cylinder or oxygen concentrator to the mask or nasal prongs. It is a vital piece of equipment. Regularly inspect the tubing for any visible signs of damage, such as kinks, flattening, or splits. If any issues are noticed, replace the tubing immediately. Ensure the tubing is not pinched or trapped such as in doors or under furniture as this can restrict or completely block the flow of oxygen. Additionally, take precautions if you have pets from damaging the tubing, such as puncturing it with their teeth or claws.

Home oxygen safety

To start a fire, three things are needed which are **Heat** (Something to set it alight), **Fuel** (something to burn), and **Oxygen** (to support the fire and keep it going).



Home oxygen is safe to use when safety guidelines are followed. Because materials burn much faster and hotter in oxygen than in air alone, it is important to observe the following precautions:

- **NEVER** smoke or let anyone else smoke near your child when they are using their oxygen equipment, this includes **e-cigarette**.
- **NEVER** charge an e-cigarette near the oxygen equipment.
- **NEVER** use or store oxygen equipment within 3 metres (10 feet) or open fires or naked flames such as (gas cooker, matches, lighter, open gas fire, candles or machinery which could create sparks).
- **NEVER** use or store oxygen equipment within 1.5 metres (5 feet) of heat sources (e.g. radiator, hair dryers, television, and toasters).
- **ALWAYS** turn the oxygen equipment off when not in use.
- **ALWAYS** ensure the equipment is stored in a well-ventilated areas.
- **NEVER** place the oxygen equipment near curtains or cover it with coats, blankets or other materials that may restrict the air circulation around it.
- **REMEMBER** birthday candles are naked flames. Take extra care if using oxygen equipment. Turn off the oxygen and remove the nasal cannula or mask at least 15 minutes before birthday candles is to be blown out.
- **ALWAYS** charge your personal electronic devices away from the area where oxygen is used and stored.

In oxygen-rich areas, fabric, wood, paper, and other materials which normally do not burn easily in air could suddenly catch fire even from a small spark.

Fire and safety details:

Your local fire brigade will be informed that oxygen is being used in your home. They may request to conduct a home visit. If this occurs, please cooperate fully, as their visit is intended to ensure your safety.

Oxygen and Emollients (Oils and Grease)

Lotions, creams, lip balms, and other skin products containing paraffin or oil can react dangerously when used during oxygen therapy. Emollients and creams with petroleum or oil can soak into bedding, clothing, or bandages, making them highly flammable. To minimise the risk:

NEVER use oil-based creams on the face or hands.

NEVER use oil or grease near the oxygen equipment

ALWAYS use water-based emollient or creams

NEVER handle oxygen equipment with greasy hands. Wash hands thoroughly before handling oxygen.

ALWAYS try to wash bedding and clothes regularly to reduce the build up of cream/ointment. Wash at the highest temperature that the material will allow (e.g. washing bedding at 60 °C).

The following products can be used on the skin when on oxygen therapy:

- Aveeno
- AproDerm Colloidal Oat Cream
- Epimax paraffin-free ointment
- CeraVe Baby Moisturizing Cream (low oil content - oil-in-water lotion)
- Aveeno Baby Eczema Therapy Cream (low oil content - oil-in-water lotion)
- Mustela Stelatopia Emollient Face Cream (low oil content - oil-in-water lotion).

For babies with Nappy Rash

- Aveeno Baby Daily Care Nappy Cream (Water-based formula)
- Sanosan Zinc⁺⁺ Nappy Rash Cream
- Gorki Baby Nappy Cream with Zinc (Low oil content)

Avoid the use of creams containing **petrolatum, mineral oil, paraffin, or petroleum jelly**.

ALWAYS make sure to wash your hands thoroughly after using the above products to ensure they do not come in contact with oxygen equipment.

Understanding your home oxygen prescription

The tables below shows the oxygen flow rates for a **large static cylinder and portable cylinder/lightweight cylinder**, along with the estimated duration each cylinder will last based on the flow rate prescribed by your healthcare professional.

Micro flow meter		Low flow meter	
Flow rate (lpm)	Approximate duration	Flow rate (lpm)	Approximate duration
0.01	147 days	0.1	14 days 17 hours
0.02	73 days	0.15	9 days 19 hours
0.03	49 days	0.2	7 days 8 hours
0.04	36 days	0.25	5 days 21 hours
0.05	29 days	0.3	4 days 21 hours
0.06	24 days	0.35	4 days 5 hours
0.07	21 days	0.4	3 days 16 hours
0.08	18 days	0.5	2 days 22 hours
0.09	16 days	0.6	2 days 10 hours
		0.7	2 days 2 hours
		0.8	1 day 20 hours
		0.9	1 day 15 hours

PORTABLE CYLINDER OR LIGHTWEIGHT PORTABLE CYLINDER

Micro flow meter		Low flow meter	
Flow rate (lpm)	Approximate duration	Flow rate (lpm)	Approximate duration
0.01	42 days	0.1	4 days 5 hours
0.02	21 days	0.15	2 days 19 hours
0.03	14 days	0.2	2 days 2 hours
0.04	10 days	0.25	1 day 16 hours
0.05	8 days	0.3	1 day 9 hours
0.06	7 days	0.35	1 day 5 hours
0.07	6 days	0.4	1 day 1 hour
0.08	5 days	0.5	20 hours 15 minutes
0.09	4 days	0.6	16 hours 55 minutes
		0.7	14 hours 30 minutes
		0.8	12 hours 40 minutes
		0.9	11 hours 15 minutes

Travelling and Holidays

Public Transport

Oxygen can be used on public transport; however, rules and regulations may vary between transport providers. It is strongly recommended that you check with the transport company before travelling to ensure compliance with their guidelines. Your local council can provide information on taxi services that are registered to carry passengers with special requirements. Always make sure that your oxygen cylinder is securely fastened when using public transport to ensure safety during your journey.

Using Personal/ Private car

When transporting oxygen in a car, it is important to do so safely. Please follow the guidance below:

- Safely secure the cylinders in the boot of the car, behind the front seats or strapped in the back seat.
- If other passengers are in the car, cylinder can be secured by placing the bag over the back of the front seat.
- If you are transporting multiple cylinders, it is advisable to use a cylinder safety box. Your oxygen provider can supply one upon request.
- Never use oxygen in a fuel station.
- If cylinders need to be left unattended in a car, it is best to keep them out of sight, such as in the boot.

Away from home in the UK

- Inform your health care professional of your travel plans.
- Contact the home oxygen company with the details of the address that you will be staying and the dates of your arrival and departure.
- Oxygen supply deliveries can be arranged to your destination, and collection will be organised once you leave.
- Give oxygen company at least 2 weeks' notice of any stay away from home.

Travelling Abroad

- Discuss with your health care professional about your plan to travel abroad before booking your flight (fit-to-fly test will need to be done).
- You will need to arrange for oxygen supplies yourself as the oxygen company cannot arrange this for you. You can contact the oxygen company for details of suppliers.
- You may have to pay for oxygen supplies when flying but this is dependent on the individual company.

Useful Information/ Contacts



Baywater Healthcare

www.baywater.co.uk

Tel: 0800 373580



Bliss

www.bliss.org.uk

Tel: 0808 801 0322



Asthma + Lung UK

<https://www.asthmaandlung.org.uk/>

Tel: 0300 222 5800



Breathe Easy Support Groups

<https://www.asthmaandlung.org.uk/groups-support>

Tel: 0300 222 5800



Child Lung Foundation

<http://www.childlungfoundation.org/>



CF Trust

<https://www.cysticfibrosis.org.uk/>

0300 373 1000 or 0203 795 2184

WhatsApp 07361582053



Stop Smoking (Better Health)

<https://www.nhs.uk/better-health/quit-smoking/>

Tel: 0300 123 1044



Oxygen Worldwide

<https://www.oxygenworldwide.com/en/>



Travel Aware gov.uk

<https://travelaware.campaign.gov.uk/>



Asthma + Lung UK (Travelling with Oxygen)

<https://www.asthmaandlung.org.uk/living-with/travel/oxygen>

References

Baywater Health Care UK (2023) Paediatric Oxygen Guide. Available at: <https://www.baywater.co.uk/app/uploads/Paed-o2-main-guide-DEC24-v6.pdf> (Accessed: 18 June 2025).

Bliss (n.d.) Going home on oxygen. Available at: <https://www.bliss.org.uk/parents/going-home-from-the-neonatal-unit/going-home-on-oxygen> (Accessed: 18th June 2025).

Polychronakis, T. and Nethercott, S. (2023) 'Oxygen therapy for children in the community', *Paediatrics and Child Health*, 33(11).

British Thoracic Society (2015) Guideline for oxygen use in adults in healthcare and emergency settings. London: British Thoracic Society. Available at: <https://www.brit-thoracic.org.uk> (Accessed: 12th June 2025).