

# How to use a pulse oximeter

## What is a pulse oximeter?

It's an instrument measures arterial oxygen saturation(SpO2) and a pulse through a skin. Arterial oxygen saturation(SpO2) decreases when the ability to inhale oxygen into a body weakens by a lung disease or a heart disease.

\* Healthy people's standard value of arterial oxygen saturation is from 96 to 99 percent.

Important

If your value of arterial oxygen saturation(SpO2) is

93% or less

95% or 94%, measure again a few times after a while, and

there is a trend that value is decreasing

Please call

Business hours(8:30–17:15) 【OO health center Phone    】

After business hours(except the above hours),holidays

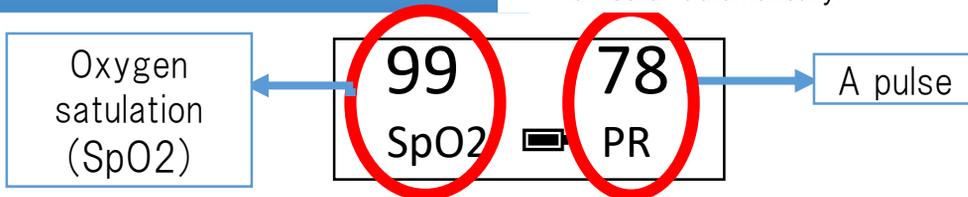
【119(Ambulance)】

## How to measure



- 1 Pick it up like a washcloth and put it on the tip of your finger. (Make sure to insert your finger deep enough so that the red light glowing inside will touch your fingernail.)
- 2 Some models automatically turn on and start measuring when you put your finger in and fix it, while others require you to press a button, so please check the instruction manual.
- 3 After 20 to 30seconds, check the oxygen saturation value on the display screen.
- 4 When you remove your finger from the finger holder, the measurement will be completed and the power will be turned off automatically.

## How to read the display



## Caution

- Please be tranquilized and don't move your hand during measuring.
- In the case of insufficient blood flow at the measuring part like a cold fingertip, or fingernail polish blocking light transmission, these can cause an error in measuring.
- Please read the value not at the just when setting instrument time but 20 or 30 seconds later because it the instrument displays the averaged SpO2 value from the values gotten during every fixed time span or every fixed pulse rate.

Please measure and record your oxygen saturation(SpO2) at the time taking your temperature twice in a day.

We will confirm the values at the phone call about your health observation.

◎Remember to return this after the end of home recuperation(a postal mail or bringing in business hours)

Shiga prefectural OO health center (Zip code

Phone

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