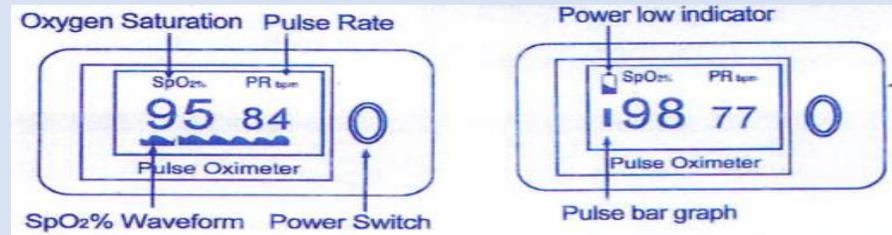


How to use the Finger Pulse Oximeter:

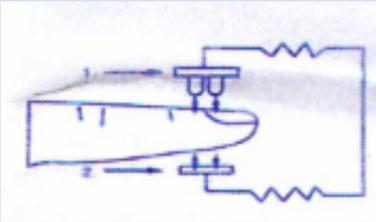


You have been given a device known as a finger Pulse Oximeter. It is a very important and common device to check Oxygen levels (oxygen saturation (SpO₂) and pulse rate. It is simply used by placing over your finger and you are being asked to use this by a doctor or health care professional to monitor you safely at home.

Pulse Oximeters measure saturation. A healthy person should expect a reading of 95% or more. **The probe will need to remain on the finger for at LEAST ONE MINUTE to get a stable reading.**



Remove nail polish on the finger used for measuring, including gel and acrylic nails. Sit comfortably and keep still during the measurement unless asked to move by your Healthcare Professional. Keep the device away from your mobile phone to avoid interference. Ensure the probe is on the finger securely by placing one finger into the rubber opening.



1. Ensure there is an indicator on the oximeter confirming a good signal.
2. Make sure the hands are warm & hands are at the same level as the heart to provide a more accurate reading.
3. Press the on/off Power switch button ONCE on the front of the panel to turn the pulse oximeter on. (Keep hands still and allow the machine to take the reading)
4. Read the 2 numbers you see on the display screen. The first is your oxygen level the second is your pulse. Record the numbers
5. Pressing the power switch for longer than one second, will adjust the brightness. There are 10 levels of brightness; the machine is set as default to level 4.
6. Switch the device off using the on/off button once you have finished

Returning The Device after use when no longer needed as advised by your health care professional :

Place the device in an envelope and seal. Write your name and address on the outside. Place the sealed envelope inside an outer plastic bag such as a small food bag or carrier bag ready for return. You will be given further instructions in a follow up phone call in a week or so on how to return your device.