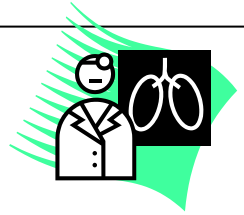


## Your Oxygen Prescription

Oxygen is a medication and is prescribed by a doctor. Like any other medication, oxygen must be used carefully. As with most medications, your doctor will order your oxygen to meet your needs.



### The prescription will state:

- The flow rate or percentage of oxygen. This is the amount of oxygen you need for rest, for exercise and for sleep. Here is an example: 2 litres of oxygen per minute (LPM) or 24%.
- The duration of oxygen treatment. This is the number of hours you need to use your oxygen each day. If your doctor writes 'continuous oxygen therapy', this means that you must use oxygen at least 15 hours a day. Oxygen may also be prescribed for sleeping or with exercise only.
- The method of delivering the oxygen to your body. This means by nasal cannula or mask.

### Be Careful

Oxygen is a medication. It is important to follow your doctor's orders. Taking too much oxygen can be dangerous. **Never adjust your oxygen dose without a prescription from your doctor.**

### Your oxygen prescription:

Oxygen at rest	
Oxygen with exercise and activities	
Oxygen while sleeping	

