Allina Health ᪲

How to Use a Pulse Oximeter at Home

Pulse Oximeter

A pulse oximeter clips onto your finger. It measures your heart rate and oxygen level (oxygen saturation) of your blood.

Using it does not hurt.

How to Use the Pulse Oximeter

- Read the directions that came with the pulse oximeter.
- Wash and dry your hands.
- Remove fingernail polish if you have any on.
- Clip the oximeter on the tip of your index finger. Turn it on.
- Keep track of your numbers. Write down the:
  — date and time
  — heart rate number
  — oxygen saturation number.
- Bring your list to your next health care provider visit.

When to Use the Pulse Oximeter

Use the pulse oximeter to check your heart rate and oxygen:

- every 8 hours
- when you have worsening shortness of breath.

A pulse oximeter clips onto your finger. It measures your heart rate the oxygen level of your blood.

When to Call Your Primary Care Provider or Go to the Emergency Department

Call your primary care provider or go to the Emergency Department if:

- your oxygen number is less than 92% at rest (if are <u>not</u> on oxygen)
- your oxygen number is less than 90% at rest (if you <u>are</u> on oxygen)
- you have a resting heart rate more than 110
- you are feeling more short of breath over 4 to 8 hours (regardless of your oxygen saturation numbers)
- you have new concerns or symptoms.