

# Liquid Oxygen

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Allina Health



Your health care provider prescribed liquid oxygen for you.

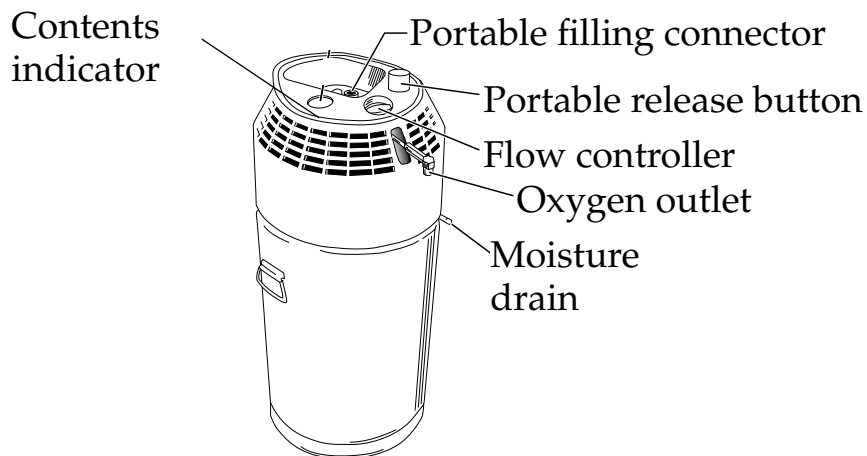
This booklet tells you how to:

- fill, release and carry the liquid oxygen portable unit
- breathe from the stationary tank
- use and store the liquid oxygen safely.

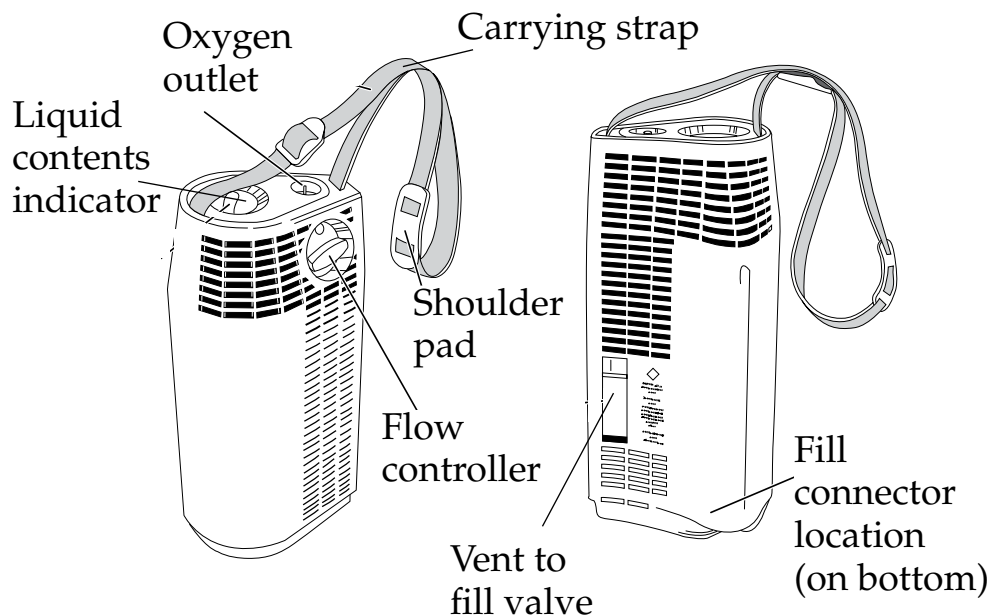
Call your oxygen supplier if you have any questions.

## Get to Know Your Equipment

### Stationary Tank



### Portable Tank



## Oxygen Safety

Your health care provider has prescribed oxygen to help your heart and lungs work better. Oxygen is safe if you use it correctly. Your health care provider has chosen a specific dosage. Follow your health care provider's directions carefully. The following are guidelines for oxygen safety.

### Fire hazards

- Oxygen is not flammable. It will not start on fire by itself. When it mixes with flammable materials, it will help them burn hotter and faster.
- Oxygen will be in the air around you. Keep all flammable materials away from your oxygen concentrator.
- Do not use your oxygen around open flames, matches, stoves, barbecues or space heaters.
- If you smoke, you must be off oxygen for 15 minutes before smoking. It takes that long for the oxygen to leave your clothing, hair and skin.
- Stay at least 8 feet away from someone who is smoking.
- Keep the oxygen unit away from oil, grease or aerosol sprays.
- Be careful around anything that creates a spark (hair dryer, electric razor, kitchen appliances).
- Do not:
  - leave the oxygen concentrator on while you are not using it

— leave the cannula in your bed or under furniture cushions.

Doing so could cause a fire if there is a spark or flame.

- Hang the “no smoking sign” (given to you by the person who set up your system) on the outside of the main entrance to your home or apartment unit.

### Liquid oxygen safety

- Do not touch any frosted connectors or devices. The liquid oxygen inside your tank is stored at 300 F below zero. Never put any liquid oxygen portable under your clothing. You could get frostbite. Your skin could freeze if it comes in contact with the liquid oxygen.
- Do not come in contact with the oxygen when you fill a portable tank.
- Keep the liquid oxygen tank at least 6 inches away from walls, curtains or other objects. This will make sure it is working well.
- Keep the tank at least 5 feet away from electrical appliances.
- Keep the liquid oxygen away from any flammable material.
- Do not use your oxygen in an area that does not have air flowing through it. Do not store the tank in a room without windows or doors. For instance, do not store the tank in a closet.

- Do not let your liquid oxygen tank fall over. If it does, open windows or doors to let spilled oxygen escape.
- Liquid oxygen systems need to release pressure when not in use. Don't worry if you hear hissing or see vapors. This is safe. **If this lasts for more than 30 minutes, call your oxygen supplier.** Do not try to fix any maintenance problems.

### Personal safety

- Never use petroleum-based products (petroleum jelly, diaper rash cream) in and around your nose. Mixing these with oxygen may cause burns. Instead, use water-based products and gels (lubricants).
- If your alarm goes off or if you have equipment problems, call your oxygen supplier.

**Call 911 right away if you have chest pain, breathing problems or another medical emergency.**

### What you need to know about the equipment

- Your tank will be refilled before you run out. Your delivery schedule will be set based on your oxygen liter flow to make sure your tank is refilled before it runs out.

## Oxygen Duration Chart (Liters Per Minute Continuous)

|                       | 0.25 liter | 0.50 liter | 0.75 liter | 1 liter | 1.5 liters | 2 liters | 2.5 liters | 3 liters | 4 liters | 5 liters | 6 liters | Weight empty (pounds) | Weight full (pounds) |
|-----------------------|------------|------------|------------|---------|------------|----------|------------|----------|----------|----------|----------|-----------------------|----------------------|
| C1000 LOXPORT hour(s) | 44.0       | 27.0       | 19.6       | 15.5    | 11.4       | 8.5      | 6.7        | 5.8      | 4.3      | 3.4      | 2.6      | 4.5                   | 7.5                  |
| C21 day(s) hour(s)    | 30<br>0    | 24<br>0    | 16<br>0    | 12<br>0 | 8<br>0     | 6<br>0   | 4<br>19    | 4<br>0   | 3<br>0   | 2<br>9   | 2<br>0   | 42                    | 95                   |
| C41 day(s) hour(s)    | 58<br>14   | 46<br>19   | 31<br>4    | 23<br>9 | 15<br>14   | 11<br>16 | 9<br>7     | 7<br>19  | 5<br>19  | 4<br>14  | 3<br>21  | 60                    | 163                  |

**This chart is for reference only. Times are not exact and may vary. Always give yourself a safe reserve of oxygen.**

## Conservation Device Chart

|                                    | 0.12 liter | 0.25 liter | 0.50 liter | 0.75 liter | 1 liter | 1.5 liters |
|------------------------------------|------------|------------|------------|------------|---------|------------|
| Helios Portable                    | 15         | 15         | 10         | 6.5        | 13      | 12         |
| Helios Marathon                    | n/a        | n/a        | n/a        | n/a        | n/a     | 22.5       |
| Helios Marathon on Continuous Flow | n/a        | n/a        | n/a        | n/a        | 10.5    | n/a        |

**This chart is for reference only. Times are not exact and may vary. Always give yourself a safe reserve of oxygen.**

## (Liters Per Minute Continuous)

| 2 liters | 2.5 liters | 3 liters | 3.5 liters | 4 liters | 5 liters | 6 liters |
|----------|------------|----------|------------|----------|----------|----------|
| 10       | 8.5        | 6.5      | 6          | 5        | n/a      | n/a      |
| 18.5     | 16         | 11.5     | n/a        | 9.5      | n/a      | n/a      |
| 5.5      | n/a        | 3.5      | n/a        | 2.5      | 2        | 1.5      |

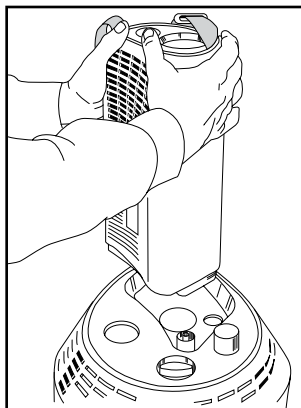
### Weight when tanks are full:

- Helios Portable ..... 3 pounds
- Helios Marathon ..... 5.7 pounds
- Helios Marathon on Continuous Flow .. 5.7 pounds

- If your health care provider changes your liter flow, call your oxygen supplier to adjust your delivery schedule.
- You can find the contents indicator on the top of the stationary tank. It reads empty, one-quarter, half, three-quarters and full.

### How to breathe from the stationary tank

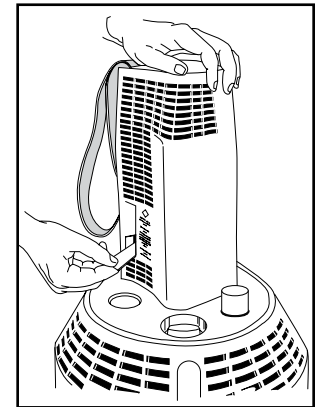
- Connect the oxygen tube to the oxygen outlet.
- Put the cannula on your face the way you were shown. Make sure you are comfortable.
- Turn the flow controller to the number your health care provider has prescribed.
- Double check to make sure the dial is on the right setting.
- Check the contents indicator to see how much liquid oxygen you have in the tank.



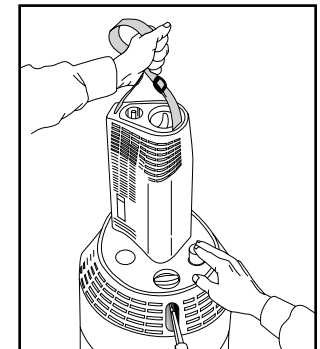
### How to fill and release the portable unit from the stationary tank

- Clean and dry the connectors.
- Look at the content indicator to make sure you have enough liquid oxygen in the stationary tank. If the content indicator is near "empty," do not try to fill the portable unit.

- Hold the portable unit as shown.
- Lower it so the portable case and the area of the stationary cover lock.
- With one hand, push the portable unit over the quick connector. Press straight down.
- Hold the portable unit in the "fill" position. Put the vent valve lever into the open position as shown. You will hear a hissing noise. This is normal.

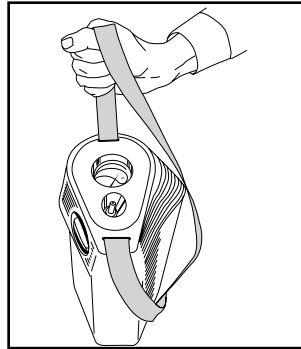


- About 30 to 40 seconds into filling the portable unit, close and reopen the vent valve a few times. This will keep ice from sticking to the valve stem.
- About 90 seconds into filling the portable unit, close the vent valve.
- If the vent valve doesn't close or you still hear the hissing sound, press the portable release button. This will make the portable unit stop venting. It may take a few minutes. (You may fill your portable unit half-way by closing the vent valve sooner than 90 seconds. This is good for short-term use.)



- Take the portable unit off the stationary tank. Hold the carrying strap with one hand and press the release button as shown. If the portable unit doesn't come off, don't force it. Wait a few minutes for the frozen parts to thaw and try it again.

- Liquid oxygen may seep out when you take the portable unit off the stationary tank. Re-connect it and then press the release button. If you still have this problem after trying this a few times, call your oxygen supplier.



- To see how full the portable unit is, lift the strap above the contents indicator.
- Put on the cannula and put the oxygen tube on the "oxygen adaptor."
- Turn the flow controller to the number your health care provider has prescribed. Make sure the dial is on the right setting.

## How to carry the portable unit

You may wear the portable tank on either side of your body. You may find the right side more comfortable. You may use the shoulder strap and pad. **Always wear it on the outside of your clothing. If you wear it under your clothing you may get frostbite.**



## **How to Use and Take Care of Oxygen Cannula and Connecting Tube, Humidifier and Connectors**

### **How to clean your nasal cannula with 7-foot tubing**

- You can clean your nasal cannula with a mild dish soap. Rinse it with water as needed. This applies to a cannula with 7-foot tubing.
- Replace the nasal cannula every week.

### **How to clean your connecting tube (up to 50 feet)**

- Replace your connecting tube once a month. If you use it with a humidifier bottle, replace the tube every 2 weeks.
- Do not have your tubing longer than 50 feet (including the cannula). The oxygen may not flow well if the tubing is longer.

## **How to clean your connecting tube nut and nipple adapters**

- You do not need to replace nut and nipple adapters and tubing connectors. Clean them with a mild dish soap. Rinse with water as needed.
- Keep the nut and nipple adapter and the tubing connectors when you replace the cannula and connecting tube. You can use these items with the new tubing.





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