

How to Use a Transport Oxygen System

Transport Oxygen System

Your health care provider has given you an oxygen tank to use as you leave the hospital. This is called “transport oxygen” (or “trans O₂”).

Parts of the System

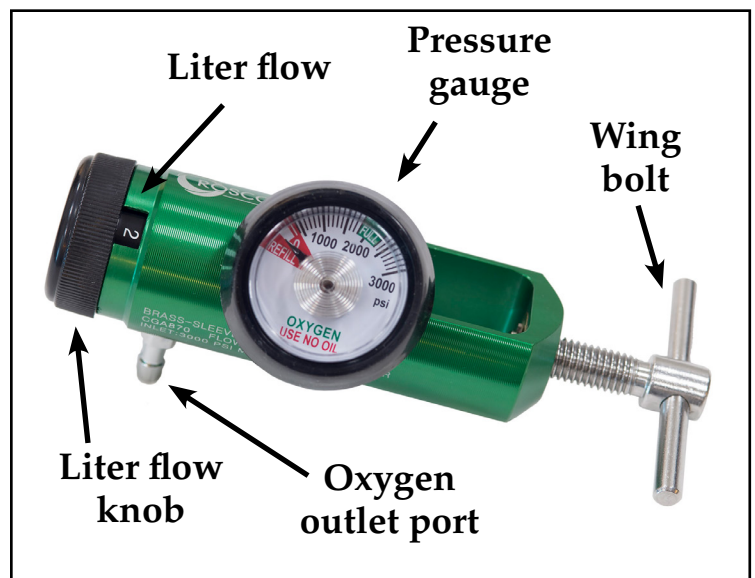
- oxygen tank
- cart
- regulator (with wrench)
- tubing

How to Use the System

1. Use the wrench to open the valve of the oxygen tank by turning it to the left (counterclockwise). Check the pressure on the regulator. A full tank is at 2,000 pounds per square inch (PSI). The tank is ready to use.
2. Connect the tubing to the oxygen outlet port on the regulator. Turn the liter flow knob to the liter flow prescribed by your health care provider.



Oxygen tank on cart



The parts of a regulator

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3. Put on the oxygen tubing.
 - Hold the tubing in front of you, with the nosepiece between your fingers. The tubes that go into your nose should curve down slightly.
 - Place the nosepiece into your nose.
 - Loop the tubing behind your ears.
 - Adjust the slider under your chin until it fits comfortably and stays in place.

How to Return the Transport Oxygen System

Once the oxygen tank is empty, you cannot refill it. Call your oxygen supplier for more information.



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How to put on the oxygen tubing

How Long Your Oxygen Tank Will Last

	1 liter	2 liters	3 liters	4 liters	5 liters	6 liters	Weight full
E Tank	11 hours 19 minutes	5 hours 39 minutes	3 hours 46 minutes	2 hours 50 minutes	2 hours 16 minutes	1 hour 53 minutes	11.5 pounds

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