



*Better
Together*

Patient information

Ambulatory Oxygen Assessment

Cardio Respiratory Department

Your Consultant / Doctor/ Oxygen assessment team has advised you to have an ambulatory oxygen assessment.

What is an ambulatory oxygen assessment?

This is an assessment to test if you require ambulatory oxygen therapy (AOT) which is delivered by equipment that you can carry, during exercise and activities of daily living.

What are the benefits of having an ambulatory oxygen assessment?

To assess the appropriateness of ambulatory oxygen for you so you can leave your home more, increase your outdoor activities and improve your quality of life.

What are the risks of having an ambulatory oxygen assessment?

This is a very safe test. However, if you have had a heart attack, a stroke or an operation in the past, please tell the staff before your test.

Are there any alternative investigations available?

There is no alternative way of obtaining the information required from this test.

What will happen if I decide not to have the investigation?

Your level of service will not be affected if you decide not to have the test. However, your doctor/consultant will not be able to obtain the necessary information that would have been gathered from performing the test.

Getting ready for your ambulatory oxygen assessment

Please note: Please bring your reading glasses (if applicable) as you will be required to fill in some questionnaires during your assessments.

- Do not drink alcohol for 12 hours before the test as this affects the oxygen in your blood.
- Do not smoke for 24 hours **before** the test.
- Please continue to take all your medicines as usual.

Note: The Ambulatory Oxygen assessment occurs over three visits.

Your assessment:

Visit one:

A probe (called a pulse oximeter) is attached to your finger. This measures the amount of oxygen in your blood and your heart rate. These measurements are completely painless.

You will then be asked to walk up and down a corridor, at your own pace, for a total of six minutes. If, during the six minutes, you need to stop due to symptoms such as breathlessness, tiredness, chest pain etc. you may do so until you feel able to continue and complete the six minutes.

You will also be wearing a small monitor attached to your wrist while you are walking in order to continually measure the amount of oxygen in your blood and your heart rate while you walk.

After the six-minute walk, all the measurements made at the beginning of the test will then be repeated in order to show the effects of the exercise you have just done. You will be rested and the whole process will be repeated.

You will be shown the ambulatory oxygen equipment and get the chance to hold them to feel the weight of the oxygen cylinders. You will also be educated on the use of ambulatory oxygen so that you can make a more informed decision of whether to proceed with further assessments.

If you want to proceed with the assessments a two week activity diary will be issued for you to complete. This will be explained at your hospital appointment. You will return for another appointment in two weeks time.

This visit will last approximately one hour.

Visit two:

You will return with a completed activity diary and you will be required to complete a couple of questionnaires. If it is decided that you will benefit from ambulatory oxygen you will carry out another six minute walk test on room air.

After a rest period you will be required to do further six minute walk tests with increasing levels of oxygen. This will continue until we find the optimum level of oxygen for you. You will then be given a further six week activity diary and you will be required to return for another appointment in six weeks time.

This visit can last up to two hours.

Visit three:

All the baseline tests are repeated (as per visit two)
Patient follow up is imperative to determine the on-going appropriateness of your ambulatory oxygen. It is also essential to check that the equipment and prescribed flow rate continue to be appropriate for you.

Delivery of oxygen

The physiologists will discuss with you about your oxygen delivery before you leave the hospital. (if applicable)

Going Home

The staff will monitor you until you have recovered. You will then be allowed to leave the department.

Returning to work

You can return to your work straight after your appointment unless told otherwise on the day of your test.

Further Appointments

You will get the results and will be informed of your progress over the three visits (if applicable).

If you are prescribed ambulatory oxygen you will also have further follow up appointments of, initially, a three-month follow up and then six monthly thereafter.

Further Information

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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