



*Better
Together*

Patient information

Oxygen Titration Study

Cardio Respiratory Department

Your Consultant / Doctor has advised you to have an oxygen titration study.

What is an oxygen titration study?

This is a test to show if you need long-term oxygen therapy at home.

What are the benefits of having an oxygen titration study?

It will tell us what flow rate and what modality of oxygen should be prescribed.

What are the risks of having an oxygen titration study?

There is little chance of a problem from having blood sample taken from an artery.

You may get a small bruise at the site. You can lower the chance of bruising by keeping pressure on the site for at least ten minutes after the needle is removed.

You may feel lightheaded, faint, dizzy, or nauseated while the blood is being drawn from your artery. Ongoing bleeding can be a problem for people with bleeding disorders. Aspirin, warfarin, and other blood-thinning medicines can make bleeding more likely. If you have bleeding or clotting problems, or if you take blood-thinning medicine, tell the physiologist before your blood sample is taken.

On rare occasions, the needle may damage a nerve or the artery, causing the artery to become blocked.

Are there any alternative investigations available?

There is no alternative way of assessing your need for oxygen therapy.

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 prescribe oxygen unless this test is performed.

Getting ready for your oxygen titration study

- 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.

The day of your oxygen titration study

If you are on oxygen therapy, the oxygen may be turned off for 20 minutes before the blood test is performed to allow the assessment of your oxygen levels on room air. You will be monitored during this time.

This test involves taking a small blood sample from an artery in your wrist, which is analysed. These results will determine whether or not you will have the full oxygen assessment. If your blood oxygen level is sufficient, you may not need the test.

Depending on the results you may need to breathe oxygen for up to two hours and have the blood test repeated. You will be given oxygen through small tubes that will be placed at the entrance to your nostrils.

What does the test feel like?

Collecting blood from an artery is more painful than collecting it from a vein because the arteries are deeper and are protected by nerves. Most people feel a brief, sharp pain as the needle to collect the blood sample enters the artery.

You may feel more pain if you are tense, the person drawing your blood is having difficulty finding your artery, your artery is narrowed, or if you are very sensitive to pain.

Please note: The whole test may take up to three hours.

Please bring your reading glasses (if applicable) and we recommend that you bring something to read to help pass the time.

Going Home

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

Delivery of oxygen

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

Your sample site

As you will have had a small puncture site at your wrist you will be advised to use your other arm for a few hours.

Getting back to normal

Remember that you have just had a small needle in your wrist. It is normal to feel uncomfortable for a few hours later.

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 may need further follow up appointments after this test.
These will be arranged with you at your appointment.

Further Information

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