

COVID Remote Monitoring – Pulse Oximeter

Guide for patients enrolled in COVID Remote Monitoring

Please read the guide below on how to use your pulse oximeter. There is also an instructional video on how to use your pulse oximeter on our website. www.SESLHD.health.nsw.gov.au/TCCCOVID

Step 1: Insert the batteries

Turn the pulse oximeter over, press the small silver button and slide the case in the direction as shown by the small arrow. Remove the chamber cover and place the two AAA batteries provided inside and replace the cover. Make sure the battery polarity is correct as otherwise the pulse oximeter will not work.



Step 2: Open the Pulse Oximeter

Press down on the hinge to open the space for your finger.



Step 3: Insert your finger

Insert your finger as far inside as possible (nail-side up). The photo gives you an idea of how far you should try to insert your finger. Press the long silver button to start the measurement.



Step 4: Take your measurements

Rest your hand on a steady surface and try not to move it. Allow 30-60 seconds for the device to detect your pulse. Do not press down on the device. If you are finding the results hard to read, or if they are upside down, press the silver button to change the way the result is displayed (see examples below)



Step 5: Record your Measurements

The large number under 'SPO2' is your oxygen saturation. Record the highest number. The smaller number under 'BPM' is your pulse rate. Record the lowest stable reading.

Troubleshooting

If you are having trouble with the pulse oximeter, please check the following:

- Do you have anything on your nails e.g. nail polish? If so, please remove from at least one finger if possible. Use that finger to take the measurement
- If your hands are cold, warm them up by wrapping them in a warm towel or running them under hot water.
- Avoid shining bright lights directly onto the pulse oximeter.
- If you have an irregular pulse rate (e.g. Atrial Fibrillation), leave the device on for a longer period, or try different fingers.

For technical support, please email:

SESLHD-TCC-COVID@health.nsw.gov.au

Contact

In case of Emergency please call 000
Enter Phone numbers here