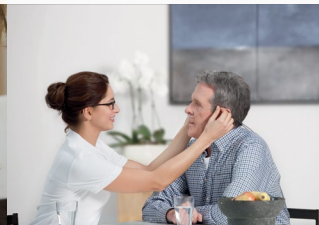


# Home oxygen therapy

Patient information



 **BOC**  
A Member of The Linde Group



BOC: Living healthcare

# Important information



**NO NAKED  
FLAMES**



**NO SMOKING  
OR VAPING**



**NO OILS, GREASE OR  
PETROLEUM BASED  
PRODUCTS**



**NO OPEN  
FIRES**

For your personal safety and the safety of those around you, it is very important that you follow a few simple precautions when using home oxygen therapy.

- Use of oxygen is for medical therapy purposes only
- Keep out of reach of children
- Do not allow untrained people to tamper with the equipment
- Only use in well-ventilated areas
- Display the "home oxygen safety sign" at a visible entry point to your home

**If at any time you feel discomfort, please contact your medical practitioner or local hospital to seek medical advice.**

## Have your contact details changed?

If you have changed address, telephone number (landline or mobile) or email address please contact our team on 1800 050 999 and let us know. It is important we have your most up to date contact details in case we need to speak to you about your oxygen therapy and equipment.

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# Introduction

- Welcome to BOC home oxygen therapy
- General safety information
- Our home oxygen therapy services



## Welcome to BOC home oxygen therapy

From the moment your medical practitioner refers you to us, you can rest easy knowing your wellbeing is our top priority.

BOC has been providing quality home oxygen therapy to Australians for many decades and is committed to the highest standards of safety, product quality and customer service.

Our highly experienced team has seen first-hand the benefits that home oxygen therapy can have on comfort and quality of life. Together, we look forward to supporting you on your journey.

Commencing treatment is a big step for many, so please read this education booklet for practical tips that will help you adjust to your home oxygen therapy program.

We are here to help you gain the most out of your home oxygen therapy.

**Phone:** 1800 050 999, Mon–Fri 7.30am to 5.00pm local time  
(after hours support is available for technical assistance and emergencies)

**Email:** [healthcare@boc.com](mailto:healthcare@boc.com)

**Website:** [www.boc-healthcare.com.au](http://www.boc-healthcare.com.au)

**Mail:** BOC Healthcare, 10 Julius Ave North Ryde NSW 2113

**Online shop:** [www.boc.com.au/healthcare](http://www.boc.com.au/healthcare)

## General safety information

Before operating your oxygen equipment, make sure you read the safety information in this booklet. It will help you to operate your equipment safely and answer many questions.

### Fire

Oxygen itself does not burn – however most materials will burn vigorously when in the presence of oxygen.

It is important oxygen cylinders and equipment are not used near open fires or naked flames. This includes candles on birthday cakes.

Make sure oxygen is always used in well-ventilated areas. This will ensure you do not get high concentrations of oxygen that will encourage items to burn.



### No smoking

**Never** smoke or use e-cigarettes (or let someone else smoke) near your oxygen equipment at any time.

### In the event of a fire:

- Make sure everyone is evacuated from the area
- Immediately call 000 – if necessary telephone from a neighbour's house
- Advise the operator there are oxygen cylinders on the premises
- As soon as it is practical call BOC on 1800 050 999 to advise of the fire and let us know if any of your oxygen cylinders or equipment was involved in the fire

Do not use any oxygen cylinders or equipment involved in a fire. Please follow any additional advice provided by the Fire Brigade. If you haven't already, we strongly recommend you install smoke alarms to your property and carry out regular checks to ensure they remain operational.



### Oils, grease and petroleum based products

Products containing oils, grease or petroleum based substances are particularly hazardous in the presence of oxygen. They can ignite extremely easily and will burn violently in an oxygen enriched environment.

It is important when handling your oxygen equipment to take care to ensure it does not come into contact with any form of oil, grease or petroleum based substances.

Ensure your hands are always clean before handling equipment.

Never use oil based creams and moisturisers when using or handling the equipment. This includes:

- Vaseline
- Oil based lip moisturisers and make up
- Moisturisers/barrier creams
- Baby lotion, cradle cap oils or nappy rash creams
- Sun screen

Do not use aerosol sprays such as hair sprays or deodorants when using your oxygen equipment.

You can use alcohol gels to clean your hands – if you do, massage well, particularly in between your fingers. Allow plenty of time for the alcohol gel to fully evaporate before handling your oxygen equipment. Your hands should be completely dry when handling your equipment.

You may also use water based products for lips and nasal passages if dry.

## Oxygen enrichment

Materials enriched with oxygen will burn vigorously if they are ignited. Your clothing may become enriched while you are on oxygen therapy. Clothing will continue to be enriched, even after you turn off the oxygen supply. Make sure you ventilate your clothing in the open air for at least 15 minutes before going near an open flame or source of ignition.

You can help minimise oxygen enrichment by making sure you use oxygen in a well-ventilated area. In particular make sure you:

- Never place your oxygen equipment near curtains or cover them with clothing or other material objects. This will increase the oxygen concentration of those items and stop your concentrator from working
- Never place your cannula or mask on the bed or a chair while the oxygen supply is turned on
- Never leave the oxygen supply running when it is not being used
- Never use or carry a portable oxygen cylinder under clothing



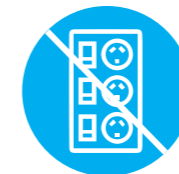
### Key positioning tips

- Keep internal doors open while oxygen is in use to help ventilate the room and prevent a build up of gas
- Drape long lengths of tubing over hooks positioned above floor level to prevent accidents and risk of falls
- Keep oxygen cylinders and equipment away from naked flames and sources of ignition



### Location of oxygen equipment

You will be advised where to position your cylinders and oxygen equipment when in use – always follow these instructions.



### Extension cords and power boards

These are not recommended when using oxygen equipment. Power boards do not switch back on after a power outage and the age and condition of extension cords cannot always be confirmed. Ensure all equipment is plugged directly into a wall socket.

BOC cannot guarantee the electrical safety of these products and does not recommend using these as it may impact the standard operation of the equipment.



### Keep out of reach of children

Children are curious by nature. Do not allow children to tamper with your oxygen equipment or permit anyone who has not been trained by BOC to change any controls or settings on your equipment.



### Oxygen in use signage

As part of your home oxygen therapy set-up you will receive a sign alerting visitors to your home that oxygen is in use. It also helps emergency services quickly identify that oxygen is on the premises. Please place the sign by the nearest entry point to your home.

## Our home oxygen therapy services

BOC has everything you need for home oxygen therapy. We offer a full range of products supplied by leading global manufacturers.



Our service extends beyond supplying products. We have a national network of dedicated professionals who are here to help you every step of the way.

In most cases, a BOC representative will visit your home to show you how to set-up your equipment. For some customers in remote areas, this may be arranged over the phone.

The introductory session includes:

- How to position and operate your oxygen concentrator
- How to position and operate your cylinder, regulator and set the oxygen flow rate
- How to fit your cannula or mask for maximum comfort
- Safety advice and instructions on equipment use



## Your equipment

- Concentrator
- Cylinders and regulators
- Cannulas, masks and tubing
- Essentials and comfort accessories
- Oxygen therapy for children

## Your equipment – the concentrator

The most common method to receive home oxygen therapy involves using an oxygen concentrator. This device filters nitrogen out of the air so you can breathe a higher concentration of oxygen.

The concentrator is a stationary device connected directly to a power point. To help you move freely around the home, it has long tubing connected to a cannula.

If you need to travel, you may like to purchase a portable oxygen concentrator (POC). These devices can be powered by an internal battery and are lightweight making them easy to carry.



### Notifying your electricity company

It is important to inform your electricity retailer and distributor that you are using a concentrator as:

- Some electricity retailers offer rebates to help with increased power bills related to using a concentrator
- In the event of a power outage or disruption, it is important they know you are reliant on a concentrator so you are prioritised

### Positioning your concentrator

It is always a good idea to read the product user guide for specific instructions related to concentrator set up, care and ongoing use.

#### Top positioning tips

- Place in a well-ventilated area away from sources of ignition
- Identify a power point that is close to where you will use the device most
- Allow at least 30cm (12”) clearance from walls, curtains or other obstructions
- Place on a flat surface on a firm mat to protect floor coverings

If you would like advice on your chosen position, please contact us on 1800 050 999.



### Basic set-up of your Everflo concentrator

1. Insert the plug directly into a power point. For your own safety, please do not use extension cords or power boards
2. Press the ON/OFF switch once, located on the front panel. A light will illuminate and an alarm will sound for a few seconds and then stop to indicate it is working
3. Set the correct flow rate per your medical prescription. Ensure the line is in the centre of the black ball
4. Attach the tubing from the cannula to the oxygen outlet connection of the concentrator

**! Important:** Check there are no leaks in the tubing by blocking the end – the flowmeter ball will drop to the bottom if leaks are not present.



### Basic set-up of Intensity 10™ concentrator

1. Insert the plug directly into a power point. For your own safety, please do not use extension cords or power boards
2. Press the ON/OFF switch once, located on the front panel. An amber light will illuminate and an alarm will sound for a few seconds and then stop to indicate it is working
3. Set the correct flow rate per your medical prescription. Ensure the line is in the centre of the black ball
4. Attach the tubing from the cannula to the oxygen outlet connection of the concentrator

**! Important:** It may take up to 12 minutes for the machine to build up sufficient purity. The machine can be used during this time as long as you have set your flowmeter as prescribed. The amber light will turn off once sufficient purity is achieved.





## Safety

Follow the below safety precautions when using a concentrator:



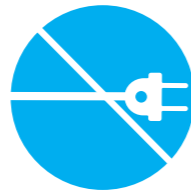
Never leave your oxygen equipment unattended if it is switched on and not in use.



Refrain from placing towels or fabric on top or below the device. This may cause overheating.



While your oxygen is on, do not cover/smoothen the cannula or tubing with sheets, blankets or cushions. Oxygen can make material flammable.



Allow enough slack on the power cord to prevent accidental unplugging.



To prevent accidents and risk of falls, drape long lengths of tubing over hooks positioned above floor level.



Do not allow children or visitors to tamper with the concentrator or flow rate settings.



**No smoking**

**Never** smoke or use e-cigarettes (or let someone else smoke) near your oxygen equipment at any time.

## Transporting a concentrator

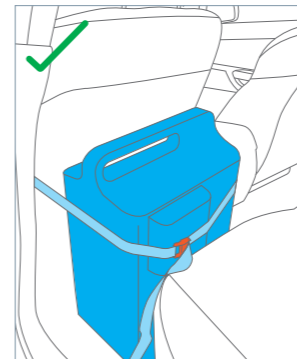
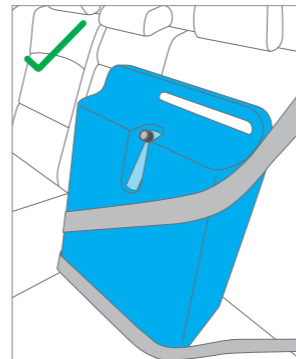
Portable equipment provides you with the flexibility to be mobile outside your home.

Please adhere to the following precautions when transporting your concentrator:

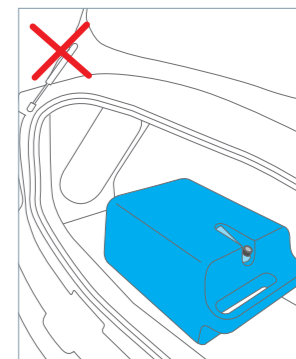
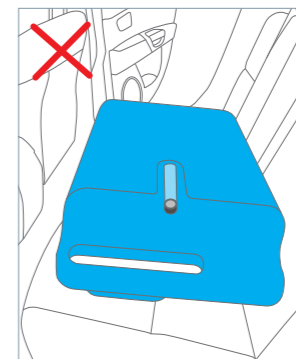
- Oxygen concentrators can be transported in a vehicle and where possible must be in an upright position and secured

- To avoid injury should the vehicle stop suddenly, restrain/secure the concentrator within the vehicle e.g. with a seat belt
- We do not recommend laying the concentrator in the boot of a car as this can internally damage the device

For further information on travelling with oxygen see page 33.



**DO:** Secure concentrator in an upright position with a seatbelt or strap



**DON'T:** Lay down the concentrator to transport

### Caring and maintaining your concentrator

To keep your concentrator in good condition, it is important to establish a care and maintenance routine.

#### Before each use

- Inspect the cannula and tubing for deterioration. If they show signs of damage discard and replace immediately. We suggest you always keep a spare one handy. For replacements call BOC on 1800 050 999

#### Weekly

- Turn the machine off and move to a location which allows access to the back of the device
- Remove the air intake cover located at the back of the device by pulling it out and up
- Clean the grill using a vacuum, dry paint brush or wipe with a clean dry cloth
- Replace the cover by inserting the clips on the top of the cover into the first gap/slot in the grill

#### Annually

- For your safety, concentrators are serviced annually
- The BOC maintenance sticker applied to your concentrator shows the date your equipment is scheduled for its next annual service
- If you are renting BOC equipment we will contact you to arrange the service. If you do not hear from us within the servicing month call our team on 1800 050 999 the following month to schedule a service
- If you purchased your equipment from BOC, contact our team on 1800 050 999 to book in your next service. Some fees apply. If repairs are needed, rental devices are available on request

### Sleep therapy and medical oxygen

If you are prescribed home oxygen therapy as part of your sleep therapy, you may need to purchase an oxygen port connector. To order an oxygen port connector or for further assistance with sleep therapy, please contact BOC Sleep Care on 1300 732 695.



Oxygen pressure port for CPAP connection



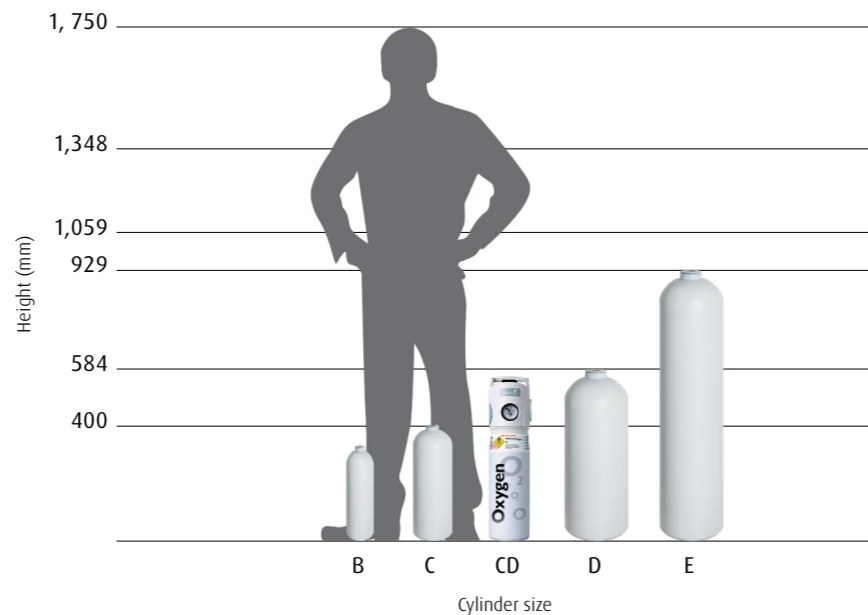
## Your equipment – oxygen cylinders and regulators

In some cases, your medical practitioner may prescribe the use of oxygen cylinders as a backup to the concentrator. This is usually recommended for people who require long-term oxygen therapy.

There are two types: Large, freestanding cylinders for home use and a lighter version which can be carried in a backpack or attached to a wheelchair or walker.

Cylinders are available in a wide range of sizes to meet your needs. Your medical practitioner will prescribe a flow rate to deliver the correct amount of oxygen. This rate will be detailed on your prescription in the measurement of litres per minute (lpm) and hours per day (hpd).

**! Important:** Always follow the prescribed flow rate from your medical practitioner and only change if they advise you.



### Standard oxygen cylinders and regulators

Conventional oxygen cylinders must be used in conjunction with a separate regulator, which reduces the cylinder pressure down to a usable pressure for delivery via your cannula or mask.

In some locations, a BOC representative will set up your equipment and flow rate. If you live in a remote location, a representative will contact you and step you through setting up the correct flow rate. It is important you do not alter the flow rate unless advised by your medical practitioner or respiratory specialist.



## Conserving regulators

Your medical practitioner may prescribe a conserving regulator to help extend the life of a cylinder. This special type of regulator only allows oxygen to flow when you breathe in. This helps the oxygen last longer.

There are two types of conserving regulators:

1. **Pneumatic:** a compact regulator that does not require batteries.



2. **Electronic:** a regulator powered by two AA batteries with a minimum two-year operation life, assuming normal use of up to four (4) hours per day. When not in use, make sure the ON/OFF power switch is set to OFF, as the alarm will sound until the battery runs out of life.

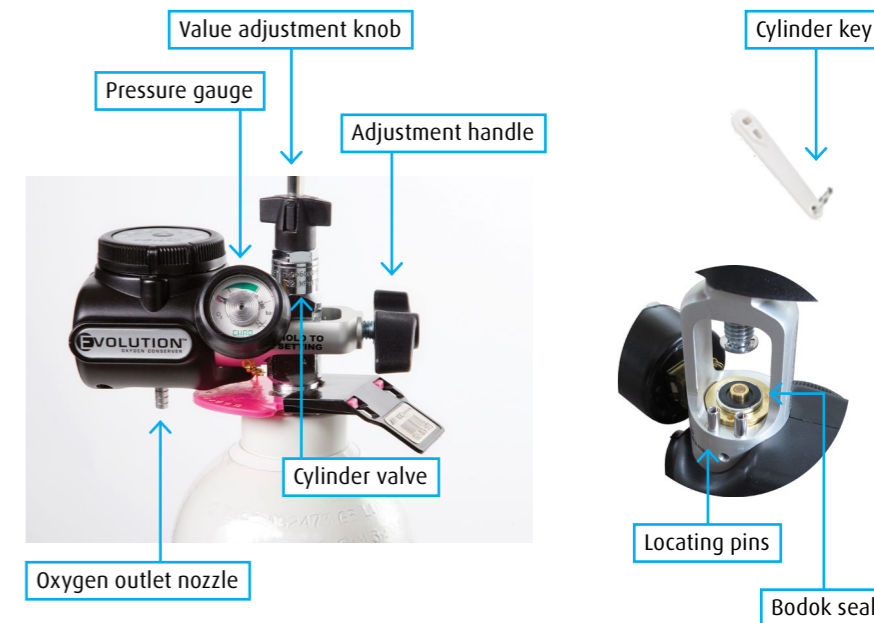


## Setting up and using your Evolution™ oxygen conserving device

### Installing the device

1. Remove the plastic seal from around the **cylinder valve**
2. Loosen the conserving device **adjustment handle** by turning it anti-clockwise
3. Lower the Evolution™ over the cylinder post with the **locating pins** towards the holes on the cylinder valve
4. Align the **locating pins** and **bodok seal** with the corresponding holes on the **cylinder valve**
5. While holding the unit in place, tighten the device **adjustment handle** by turning it clockwise

Note: Tighten only by hand. The use of a tool to tighten the handle may damage the unit.

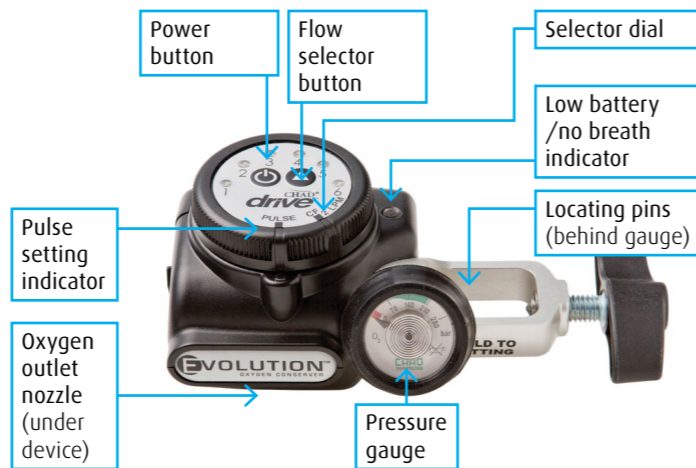


**Operating instructions**

1. Press the **power button** to turn on the unit. Make sure the Evolution™ is set to the PULSE position (**pulse setting indicator** will be lit)
2. Open the medical oxygen supply SLOWLY by turning the cylinder **valve adjustment knob** one full rotation using the cylinder key. The pressure gauge on the Evolution™ will now read the oxygen pressure remaining in the cylinder
3. Listen for leaks around the cylinder connection (low hissing noise). If a leak is detected, close the cylinder valve and reposition the Evolution™ on the cylinder valve. Then slowly open the cylinder valve and recheck for leaks
4. To select the setting on the Evolution™ (1–6) that corresponds to the appropriate delivery setting, press the **flow selector button** in the centre of the **selector dial**. Press the **flow selector button** once for “1 litre per minute”, twice for “2 litres per minute” etc. The light next to the number indicates the current setting
5. Unwind the cannula and ensure there are no kinks or twists in the tubing. Firmly press the end of the cannula onto the silver **oxygen outlet nozzle**. Fit the cannula to your face

Note: Periodically check the pressure gauge on the conserver. Install a new cylinder when the gauge reading drops into the red refill zone to continue operation.

To check your current setting, press and release the **flow selector button** in the centre of the **selector dial**.

**Integrated valve cylinder – INHALO®**

The lightweight INHALO® is an integrated cylinder, valve, regulator and flow meter in one unit. It is ready-to-use straight away.

**INHALO® operating guidelines**

1. Before opening the cylinder set the flow selector to zero
  - The flow indicator window rotates clockwise to select higher settings and in reverse for lower settings
2. Remove the light grey tamper evident seal to access the OPEN/CLOSE hand wheel
  - Grasp the pull ring and remove the seal
3. Open the grey hinged cover to access the oxygen outlet ports
  - Swing the cover down allowing it to stay attached at the hinge where possible
4. Check the flow selector is set to zero and attach the cannula directly to the outlet
5. To open the cylinder valve slowly rotate the OPEN/CLOSE hand wheel in an anti-clockwise direction fully, then a quarter of a turn clockwise as illustrated
6. Rotate the flow selector knob to your prescribed flow rate
  - Always place the setting directly on the number in the window
7. After use, slowly close the OPEN/CLOSE hand wheel by rotating in a clockwise direction until it stops, as illustrated
  - Set flow selector to zero



## Positioning your oxygen cylinder

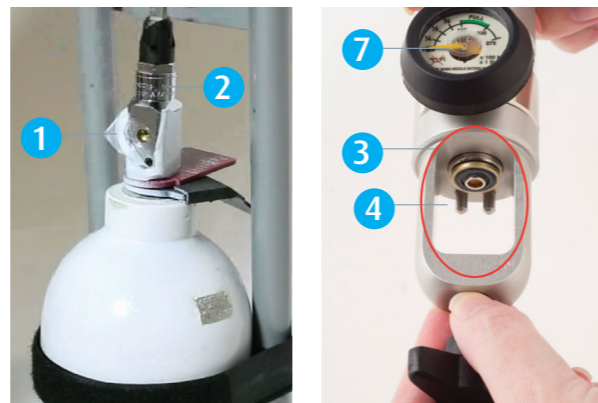
It is best to place your cylinder near an exit so it can be removed quickly in the event of an emergency. Be careful not to obstruct or block doorways. Cylinders should be secured and restrained either in a cylinder carry bag or cylinder trolley.

## How to set up a portable cylinder and regulator

1. Remove the plastic seal around the valve
2. Fit the regulator to the cylinder
3. Place the yoke (circled in red) over the cylinder valve (2)
4. Align the regulator pins to the cylinder pinholes
5. Hand tighten the wheel
6. Open the cylinder valve
7. The regulator gauge will indicate cylinder pressure level  
Green = Full Red = Empty
8. Attach the cannula tubing or mask to the regulator outlet
9. Turn the regulator to the prescribed flow rate

**! Important:** When not in use, turn the cylinder off by turning the valve (6) in a clockwise direction.

Allow the pressure to release until the needle drops to zero on the pressure gauge and then return the flow rate (9) to '0'.



## BPR Dial-flow regulator – standard duration chart

Flow range 0–15 lpm | hours and minutes (h:m)

Code/Size	400B	400C	400CD	400D	400E
Contents*	170	490	630	1,600	4,000
1 lpm	2.50	8.10	10.30	26.40	66.40
2 lpm	1.25	4.05	5.15	13.20	33.20
3 lpm	0.56	2.43	3.30	8.53	22.13
4 lpm	0.42	2.03	2.37	6.40	16.40
5 lpm	0.34	1.38	2.06	5.20	13.20
6 lpm	0.28	1.21	1.45	4.26	11.06
7 lpm	0.24	1.10	1.30	3.48	9.31
8 lpm	0.21	1.01	1.18	3.20	8.20
10 lpm	0.17	0.49	1.03	2.40	6.40
15 lpm	0.11	0.32	0.42	1.46	4.26

Duration is an approximation only. \*Content (gas volume) in Litres (at 101.33 kPa and 15°C).

## Safety

Follow the below safety precautions when using oxygen cylinders:

- Listen for leaks or hissing sounds around the connection. If found, close the cylinder valve and reposition the regulator on the cylinder. Recheck again
- Flow of oxygen may stop if the flow rate is set between the numbers
- Regularly check the pressure gauge on the regulator. If the gauge reading drops into the red 'refill' zone, replace with a new cylinder before continuing
- Handle cylinders with care and never knock violently
- Always move cylinders with a trolley or carry bag of the appropriate size and type
- Store full and empty cylinders in separate well-ventilated areas kept clean and dry and away from sources of extreme heat or cold
- The storage area for cylinders should not be used to store any flammable items such as paints, heating gas cylinders such as LPG, oils, grease or petroleum based substances. Do not keep large quantities of combustible material (such as paper or cardboard) near your oxygen cylinder storage area
- Keep all oxygen cylinders upright at all times, during use and when in storage. An exception to this is driving with oxygen in use. Please see page 23 for safety precautions for using oxygen when driving
- Keep free from oil, grease or petroleum based substances – never lubricate the valve or associated equipment
- Ensure all labels remain clearly visible – never repaint the cylinder



## Transporting cylinders

Portable equipment provides you with the flexibility to be mobile outside your home.

Please adhere to the following precautions when transporting cylinders:

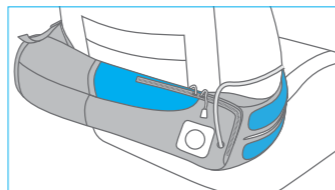
1. Oxygen cylinders can be transported in a vehicle and should be stored securely in the boot, preferably upright
2. Secure cylinders in the vehicle to prevent movement under all transport conditions
3. Ensure cylinders are not damaged by other equipment carried in the vehicle
4. Keep windows slightly open or ventilation switched to fresh air if using or carrying oxygen in the vehicle, even if not in use
5. Cylinders must be upright whenever possible/practical. If the cylinders are laying down, they must be safely secured
6. Never smoke or allow anyone else to smoke when transporting oxygen cylinders



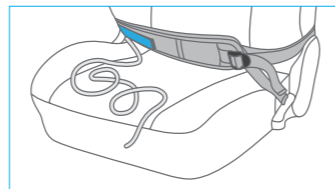
### Driving with oxygen in use

Follow these safety precautions if you are driving a car, or are travelling as a passenger in a vehicle, while receiving oxygen therapy:

- Store the cylinder in a BOC cylinder carry bag secured behind the passenger or driver seat
- Position the carry bag horizontally behind the seat and secure the strap low around the base of the seat
- Position the cylinder so the valve and regulator are orientated towards the centre of the vehicle
- Only carry passengers in the front seat of the car
- Cylinders should not be carried in the passenger compartment of any vehicle unless required for patient use while travelling



Position the carry bag behind the passenger seat



Secure the strap low around the base of the seat

### Care and maintenance of cylinders

To keep your cylinders in good condition, it is important to establish a care and maintenance routine. Use a clean damp cloth to wipe down your oxygen equipment. Use warm water and a mild dishwashing detergent. Allow oxygen equipment to dry completely before use. Do not use any other forms of cleaning agent.



### Care and maintenance of regulators

It is important to check your regulator for wear and tear and for any signs of deterioration. BOC recommends your regulator is serviced as per the manufacturer's recommendation. Contact our team on 1800 050 999 to arrange a service or if you have any concerns regarding your oxygen equipment.





### Ordering replacement cylinders

Patients who receive all, or part of their oxygen supply by way of cylinders (stationary or portable) will need to place orders to replenish their oxygen supply. The frequency of these replenishments depends on the number of cylinders allocated to you and the amount you use.

We recommend the following:

- Order when you start using your last cylinder
- Be prepared, understand the delivery options in your area
- Regularly check the amount of oxygen you have so you can order replenishment cylinders in good time to avoid running out

For further assistance call our team on 1800 050 999.

Generally replacement orders are delivered the next working day or as per your scheduled delivery in your area.

There are various ways you can place an order:

📞 **Telephone:** call our team on 1800 050 999, Mon-Fri 7.30am to 5.00pm local time

@ **Email:** [healthcare@boc.com](mailto:healthcare@boc.com)

#### Important notes relating to the management of your oxygen supply:

Make sure you do not allow your oxygen supply to run out before ordering. While BOC can respond to urgent requests, these have a significant impact on other urgent commitments

- If you are having difficulty managing your cylinder/oxygen supplies, please discuss with your medical practitioner
- If you use a stationary concentrator, you may also be provided with portable cylinders. Always use your concentrator and only use portable cylinders when required to leave home.

## Your equipment – cannulas, masks & tubing

In most cases, your medical practitioner will prescribe a nose cannula and tubing to deliver oxygen therapy. However, in some cases an oxygen mask may be prescribed which can be purchased separately.

Follow these five steps for easy set up:

1. Attach the end of your cannula to the oxygen outlet located on either the concentrator or regulator
2. Adjust the flow rate selector to the prescribed flow
3. Check oxygen is flowing from the nasal prongs
4. Position cannula with prongs facing upward towards your face and insert into your nose
5. Wrap the headset loop up and over your ears and squeeze the adjustable toggle and glide up towards your chin

Take care that any tubing lying on the floor is not trapped under heavy items or allowed to kink. Ensure the tubing is not laid across the floor where it can be a trip hazard.

**!** **Important:** If you extend your cannula tubing with an extension tube, please do not use an electronic conserving device.



### Caring for your cannula and mask

To keep your cannula and mask in good condition, it is important to follow a care and maintenance routine. We suggest you always keep a spare one handy. For replacements call BOC on 1800 050 999.

#### Weekly

- Clean your cannula or mask weekly with mild soapy water. Avoid using strong detergents or alcohol-based products

#### Monthly

- Replace your cannula or mask at least once a month. Alternatively, do so when the nasal prongs become hard or brittle. Dispose of used/old cannulas and tubing in your regular household waste

#### Three to six months

- Replace tubing



## Your equipment – essentials and comfort accessories

Your comfort is our top priority. We stock a selection of essentials and comfort accessories that can provide extra support including:

- Adult cannulas
- Dual lumen cannulas (for use with a pneumatic conserving regulator)

Other consumables are available for individual sale.

We also stock a range of oxygen therapy accessories including:

- **Tubing connectors** – provides added safety, mobility and convenience
- **Trolleys** – for safety and ease of movement
- **Carry bags** – for portable oxygen cylinders to assist with mobility
- **Nozoil** – to prevent the sensitive skin inside your nose from drying out
- **E-Z wraps** – help reduce chafing, pressure sores and assist with protecting your ears
- **Humidifiers** – if recommended by your medical practitioner the humidifier adds moisture into the air, ensuring comfort

To see the full range of products, please visit [www.boc.com.au/healthcare](http://www.boc.com.au/healthcare) or call 1800 050 999.



## Oxygen therapy for children

Sometimes your child or baby may require home oxygen therapy for various medical conditions. We understand this may be a stressful time for your family and we hope the information in this booklet reassures you and helps to answer many questions.

As your child or baby grows and develops, their dependence on oxygen therapy may reduce. Your medical practitioner will prescribe specific oxygen flow levels to help improve your child or baby's wellbeing.

The advice provided throughout this booklet also applies to babies and children receiving oxygen therapy. You may also find the following recommendations helpful:

- Ask your child's medical practitioner lots of questions and make sure you are clear on how to manage your child's oxygen
- Make sure your child's medical practitioner provides you with specific information for paediatric oxygen treatment
- It is especially important you follow your child's oxygen prescription as infants and children require good oxygen levels for growth and development
- Oxygen safety requirements are the same for adults and children

If you have any concerns or questions about your child's oxygen usage, please contact your child's medical practitioner or hospital.



### Oxygen equipment for children

Children and babies prescribed oxygen therapy require the same equipment as an adult i.e. a concentrator, cylinders, regulator, cannula and tubing. Paediatric equipment operates in the same way as adult equipment. The main difference is paediatric equipment is designed to meet the specific needs of children and is clearly labelled as paediatric equipment.

#### BPR Dial-flow regulator - paediatric/neonatal duration chart

Flow range 0-3 lpm | hours and minutes (h.m)

Code/Size	400B	400C	400D	400E
Contents*	170	490	1,600	4,000
0.02 lpm	141.4	408.2	1333.2	3333.2
0.03 lpm	94.2	272.1	888.5	2222.1
0.05 lpm	56.4	163.2	533.2	1333.2
0.08 lpm	35.2	102.1	333.2	833.2
0.12 lpm	23.3	68.0	222.1	555.4
0.2 lpm	14.1	40.5	133.2	333.2
0.3 lpm	9.2	27.1	88.5	222.3
0.5 lpm	5.4	16.2	53.2	133.2
0.75 lpm	3.4	10.5	35.3	88.5
1 lpm	2.5	8.1	26.4	66.4
3 lpm	0.5	2.4	8.5	22.3

Duration is an approximation only.  
\*Content (gas volume) in Litres (at 101.33 kPa and 15°C).

# Travelling with oxygen

- Domestic & international flying
- Long haul leisure travel
- Moving house



## Travelling with oxygen

With some forward planning, you can easily travel with your oxygen therapy equipment and enjoy trips away from home. Our team is here to help you prepare for any occasion – from recommending the best travel products, to advice that will give you the confidence to travel with oxygen.

Before booking a holiday, it is advisable to discuss your plans with your medical practitioner and BOC.

### Domestic or international flying with oxygen

During a flight, the high altitudes will cause the oxygen concentration levels in the air cabin to fall. People without the need for supplementary oxygen are largely unaffected – however it could have serious implications for people who require oxygen therapy under normal circumstances. Your medical practitioner may decide to increase your flow rate during your flight.

Always notify your travel company or airline well in advance to advise that you are carrying medical oxygen for use during the flight. They will advise you of the requirements and what is expected.

For international travel, we offer the SimplyGo portable oxygen concentrator (POC), which can be powered via battery or standard AC/DC power outlets. For your convenience, it also includes a carry case, shoulder strap and a spare battery pocket, and weighs less than 5kg.

**!** **Important:** Ensure you have enough oxygen to cover the entire journey and most importantly remember the same safety precautions apply on holiday as they do when you are at home.

### Long haul leisure travel and oxygen therapy

If you are travelling by train i.e. regional/interstate journeys, cruise ship or other forms of long haul transport, it is important to contact the travel company or provider to check requirements for carrying and/or using oxygen therapy.

#### Travel tips

- Plan your trip well in advance
- Carry a copy of your oxygen therapy medical prescription
- Check with your travel insurer if oxygen therapy is included and you are suitably covered
- Take note of the nearest hospital in the location you are visiting
- Carry correct power adaptors to fit foreign power outlets and be aware of your equipment's battery life
- Make sure those travelling with you are familiar with your oxygen therapy equipment
- Always carry spare nasal prongs and tubing
- If travelling with cylinders, be mindful of travel delays and how this may impact your oxygen therapy usage time



## Moving house

If you are moving house, it is important you contact BOC, your electricity provider and local community health representatives to update your details.

Follow this simple check list when moving house:

- Have I notified BOC?
- Have I notified my local community health representative?
- Have I notified my electricity provider?
- Have I read the instructions for safe transportation of cylinders and concentrators?
- Have I placed my oxygen safety sign by the nearest entry point to my home (cylinder use only)?
- Have I followed the set-up of oxygen cylinders or concentrator as per instructions?

For more information or reassurance that you have covered off every detail, contact BOC on 1800 050 999 or via [healthcare@boc.com](mailto:healthcare@boc.com)



# Troubleshooting

## Frequently asked questions – concentrator

### Q. My oxygen concentrator is not operating, but still has a continuous alarm sounding or solid red light illuminating.

- A. There are three possible reasons for this.
1. Your power cord is not plugged into the power point or is loose. Check the cord is plugged in, the power point is switched on and that the cord is not loose.
  2. You may have lost power. If there isn't a blackout, check your wall switch and fuse box. In the event of a blackout revert to back up cylinders until power is restored.
  3. Your equipment may have malfunctioned. Push the power switch to the OFF position and revert to back up cylinders if available. Please contact BOC on 1800 050 999 for an equipment exchange.

### Q. I have limited oxygen flow, the amber light is illuminated or flashing and the flow rate is dropping. What should I do?

- A. There are two possible reasons for this.
1. Your cannula and tubing is defective or blocked. Please remove from the device and if correct flow is restored replace with a new cannula and tubing. If there are any twists or kinks replace the tubing.
  2. If using a humidifier bottle, it may be dirty or obstructed. Remove the humidifier and if flow is restored clean the bottle and replace.

### Q. When I turn the device on the alarm does not sound or is weak?

- A. Your battery is running out. The device will be unaffected as the battery powers the alarm and lighting system only. Please contact BOC on 1800 505 999 for an equipment exchange.

### Q. All three lights are illuminated and the alarm is sounding continuously? (EverFlo models only)

- A. Your device has malfunctioned. Please revert to back up cylinders, if available, and call BOC on 1800 050 999 to arrange an equipment exchange.

### Q. What does it mean when my amber light is illuminated continuously and the red light is blinking and the alarm is beeping periodically?

- A. Your device has detected an impeded oxygen flow. Remove the cannula and tubing from the device and if the correct flow is restored replace with a new cannula and tubing. Also check there is sufficient airflow around the oxygen concentrator.
- For all other concentrator issues, please turn the device OFF and revert to back up oxygen cylinders. Please call our team on 1800 050 999 for assistance.

## Frequently asked questions – oxygen cylinders

### Q. Why is oxygen leaking from my cylinder?

- A. Check for leaks around the connection between the cylinder and the regulator. If you hear a hissing noise, close the cylinder valve and reposition the regulator onto the cylinder. If the leak or hissing sound continues contact our team on 1800 050 999 for assistance.

### Q. Why is my oxygen cylinder not delivering any oxygen?

- A. There may be a kink in your cannula and/or tubing. They also may be blocked or not properly adjusted. Remove the cannula and tubing from the device and replace.



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