Your child is being treated with oxygen. Oxygen is given through small tubes placed in the nose (nasal cannula). When your child goes home from the hospital, he will get oxygen from an oxygen tank connected to the nasal cannula. He will have a portable tank, which can be moved around in a carrier with wheels or carried with a strap. You will also have a larger oxygen tank in your home. Your equipment supplier will teach you how to use the oxygen tanks.

How to put the nasal cannula on your child:

1. Gather the supplies needed: nasal cannula tubing, tape, protective skin patches or "dots" (to place between skin and tape), oxygen tank with bubbler.
2. Apply new skin patches as needed to hold oxygen tubing in place. Warm and slightly soften the patches by rubbing them between your hands before putting them on your child's face. Place one patch on each cheek next to the nose.
3. Connect the nasal cannula tubing to the bubbler on the oxygen tank. Turn on the oxygen to 3 liters. Feel for oxygen coming from the nasal (nose) prongs by holding them next to your finger or cheek. After checking for oxygen flow, turn the flow meter to __________ liters as prescribed by your child's doctor. (Do not use the bubbler with portable oxygen tanks.)
4. Put the nasal cannula on your child so the prongs fit into the nostrils and follow the natural curve inside the nose. Position the tubing behind your child's head or around the ears of an older child. Move the slide up the tubing to tighten the fit. Make sure it is loose enough to let you slip your fingers between the tubing and the back of your child's neck.
5. Check to make sure the openings in the nasal prongs are aimed into the nose and not blocked by the skin under the nose.
6. While holding the prongs in the nose, position the tubing over the skin patches on the cheeks. Secure the tubing in place by taping it to the patches or "dots" rather than the skin.
7. Check for flow of oxygen from the nasal prongs at least once a day, and anytime you suspect a problem. Two ways you can check to make sure the oxygen is flowing correctly are: (1) Feel for air flow from the prongs on your finger or cheek, or (2) Place prongs in a cup of water and watch for bubbling.

What to do if no oxygen comes through the nasal prongs:

1. Check to see if the prongs are blocked by nasal mucus. Clean any mucus out of the prongs with a tissue or moist cotton swab.
2. Check to see if the bubbler has come partly loose from the oxygen tank. Make sure the bubbler is screwed on tightly and oxygen is bubbling through it.
3. Has the bubbler run out of water? If so, replace the distilled water as needed and as directed.
4. Look at the flow meter. It may have been turned down below the prescribed level. If so, increase the flow to the prescribed level.
5. Check the pressure gauge on the oxygen tank to see if it has run out of oxygen. Replace the tank if it is empty.
Safety precautions when using oxygen:

- Post "Oxygen in Use" and "No Smoking" signs throughout your house. (For example: on the front door, on your child's room door, above your child's bed.)
- Do not allow smoking by anyone in your house or near your child or the oxygen tank(s).
- Avoid using aerosol sprays, alcohol, Vaseline, or other petroleum based products near the oxygen.
- Do not completely remove the nasal cannula from your child's nose during breathing treatments unless instructed to do so.
- Keep electrical or battery powered items, such as tape players at least 3 feet away from the oxygen.
- Keep the oxygen tank(s) and your child's bed at least 5 feet away from radiators or heaters.
- Keep the oxygen tank(s) secured in an upright position in a well ventilated area at all times.
- When traveling with an oxygen tank in the car, secure it in a place so that it cannot move. Do not use the bubbler with portable oxygen tanks.
- Follow all safety precautions given to you by your equipment supplier.

Equipment Supplier: ____________________________________

Equipment Supplier's Phone Number: (_____) _____-__________

If your child shows an increased breathing effort:

- Make sure the nasal prongs are not blocked with mucus.
- Check to see if the oxygen tank is empty. If it is, replace it with a new tank immediately.
- Make sure the nasal prongs are positioned correctly in his nose.
- Make sure your child is positioned correctly to keep his airway open.
- Make sure the oxygen tubing is attached to the oxygen tank and the oxygen is flowing.
- Suction his nose if needed.

Call your child's doctor if your child has any of the following symptoms:

- His breathing rate is faster or slower than normal.
- He is breathing harder or deeper than normal.
- His breathing is noisy (such as wheezing or grunting).
- He has a change in skin color (pale, dusky, or blue).
- He looks swollen or puffy.
- He is making less urine than usual.
- His heart rate is faster or slower than normal.
- He is unable to drink or has difficulty drinking. (For a baby, he is unable to take bottle or breast feed.)