

# COPD: Oxygen Therapy

Some people with COPD need air enriched with a steady flow of pure oxygen to increase the amount of oxygen in their blood and help them feel better. This is called oxygen therapy.

*"At night I will sleep with an oxygen concentrator on for the whole night. And I sleep a good nine hours every single night."* – Michael, Patient

If you are prescribed oxygen, your health care provider will prescribe a set dose.

This is usually measured in liters per minute.

You will breathe in oxygen either using oxygen from a tank, an oxygen concentrator, or a Liquid Oxygen system.

You and your healthcare team will determine which type of oxygen delivery is best for you.

Both oxygen concentrators and liquid oxygen systems have portable units. Portable units can be taken anywhere you want to go.

All oxygen therapy devices significantly increase the amount of oxygen in the body. With more oxygen in the body, you can do more of your daily activities.

Some people will use oxygen all the time while others may only use it while being very active or while eating.

At times, your healthcare provider may prescribe extra oxygen.

For example, you may need extra oxygen when recovering from an infection or before, or during, periods of exercise.

*"If I were to walk from here to the front door nonstop without oxygen I would be out of breath."*  
– Michael, Patient

More oxygen isn't always helpful, and could actually be harmful, that is why you should always stick to your prescribed dose.

If you think that you need more, check with your healthcare provider first.

Make sure to bring your oxygen with you when you go on vacation or a trip.

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*"When I travel I call ahead for my oxygen because I do sleep with it. And my oxygen provider, they have locations all around the country. So when I travel, when I arrive the oxygen is always there a day or two before."* – Marilyn, Patient

Only portable oxygen concentrator can be used on an airplane. If you will be traveling by plane call the airline and find out what their rules are for taking a portable oxygen concentrator on board.

*"I'll tell you what model it is so you can let me know if that's acceptable or not."* – Michael, Patient

When you have COPD you shouldn't smoke or be around someone who is smoking.

And this is especially true when you are on oxygen therapy as this can be very dangerous.

When you are using oxygen stay away from any open flames because oxygen can feed a fire.

Many people fear that oxygen tanks or liquid oxygen systems may explode. This isn't true.

Some people think that an oxygen device will restrict their ability to get around. All portable oxygen units are designed to help you move around or leave the house.

Remember oxygen enables you to do more activities. In fact, many people find they can do so much more.

Oxygen therapy can make a big difference in your life with COPD.

There are different types of oxygen devices that can be used at home or on the go.

Whatever device you use, always follow your prescription for oxygen therapy.

Remember to keep the flow meter on the prescribed amount of liters per minute.

Take it wherever you go.

Oxygen will help you feel better, breathe easier, and be able to do more in your daily life.