Pulse Oximetry

Patient's Name:	
Date of Birth:	
Gender:	
Reason for Measuring (if needed):	
Referring Physician's Name:	

Instructions:

- Warm hands and ensure that nails are free of nail polish or false nails.
- After five minutes of rest, place your hand on your chest, specifically at heart level. Hold still.
- Turn on the pulse oximeter and place it on the index or middle finger.
- Keep the pulse oximeter for a minute or longer until it's stable.
- Record the highest result once the reading hasn't changed for at least five seconds. Double-check which number is the heart rate and oxygen level.
- If tracking, ideally, you must take the a reading three times a day at the same time every day.

TRACKER

Date	Time	O2 Sat. (SpO2) %	Pulse Rate (bpm)	Temp (°C)	Notes

GUIDANCE

Interpretation	Oxygen Saturation (SpO2)%	Pulse Rate (bmp)	Temperature (°C)
Normal	96% or more	40-100	36.5-37.5
Acceptable	95%	101-109	38
Contact GP	93-94%	110-130	38.1-39
Need urgent medical advice or attention	92% or less	131 or more	39 or more

Additional Notes:

Source:

Tree View Designs. (n.d.). *Pulse oximeters*. https://www.ridgmountpractice.nhs.uk/pulse-oximeters