

## Important advice for home oxygen therapy

### Don't

- Smoke or vape while you are receiving oxygen therapy.
- Smoke within two metres of the oxygen therapy equipment.
- Go near a naked flame while you are receiving oxygen therapy or for 20 minutes afterwards.
- Leave your oxygen running when not in use, as there may be a build up of gas that could be dangerous.
- Allow others to smoke near the oxygen.
- Use flammable products, such as cleaning fluids, paint thinner, petroleum-based creams or aerosols, when you are on oxygen therapy.

### Do

- Inform the local fire service that you have oxygen in the house.
- Inform your home insurance company. This should not affect your premium.
- Have a smoke alarm in your home.
- Keep oxygen cylinders upright, especially when travelling in a vehicle.

## My oxygen prescription

**Short burst oxygen therapy:**  
12 L/ min for 15 to 30 minutes

**Contact the oxygen nurse specialists on:**  
Telephone: **023 8120 8119**  
(Monday to Friday, 9am to 5pm)

**My oxygen supplier is:**  
Dolby Vivisol  
Telephone: **0800 917 9840**

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**

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# Home oxygen therapy for cluster headaches

Information for patients, families and carers



**We have recommended home oxygen therapy to help with your cluster headaches.**

**This leaflet will explain what home oxygen therapy is and outline the benefits and possible side effects of the treatment. If you have any further questions, please speak to a member of your healthcare team who will be pleased to help you.**

### **What is home oxygen therapy?**

Home oxygen therapy involves breathing in air that contains more oxygen than normal from a cylinder or machine in your home.

Evidence shows that short burst oxygen therapy can reduce pain from cluster headaches.

### **Does home oxygen therapy replace my current treatments?**

No, you should continue to take all existing medications unless told otherwise by your GP or neurology team.

### **Will I have to be treated with oxygen forever?**

Everyone is different, so it is impossible to predict whether or not you will always need oxygen therapy. We will monitor you regularly to assess any change in your needs.

### **Possible side effects**

- **Dry mouth or nose.** You can use KY jelly or Aqua gel to moisten your nose. Please do not use any products that are petroleum-based, as they are flammable.
- **Nosebleeds.** If a nosebleed continues for more than two weeks, please contact us on **023 8120 8119**.

### **What is short burst oxygen therapy (SBOT)?**

Short burst oxygen therapy means inhaling oxygen continuously for up to 30 minutes using a non rebreathe mask.

A non rebreathe mask is a mask without holes. These masks are supplied by the oxygen supplier.

For short burst oxygen therapy, the oxygen should be used on 12L/min for 20 to 30 minutes. Your symptoms should improve after 15 minutes of oxygen therapy. If your symptoms don't improve after 15 minutes, turn the oxygen off.

If the oxygen therapy is helping, keep going for 10 minutes after the headache has faded to prevent rebound headaches.

After 30 minutes of oxygen therapy, remove the mask. Wait for 30 minutes. You can then use the mask again for 20 to 30 minutes if your headache persists.