

STEPS FOR MEASURING OXYGEN SATURATION USING PULSE OXIMETER



Be seated calmly for 10 minutes before measuring Oxygen level.



Use Sanitizer / Soap to sanitize your hands before and after using Pulse Oximeter.



Place the Pulse Oximeter in your index or middle finger.



Wait for few seconds to record actual pulse rate and O₂ saturation.



Nail Polish, Mehendhi or Cold fingers may wrongly measure your Oxygen values.



If O₂ level is below 94%, check saturation in the other hand.



If your O₂ level is consistently below 94%, please seek medical assistance.



Any health related queries contact **104**