

<div data-bbox="47 48 252 94"> <p>Package leaflet: Information for the user</p> </div> <div data-bbox="47 193 385 304"> <h2>Medical Oxygen</h2> <h3>100% medicinal gas, compressed</h3> </div> <div data-bbox="47 325 151 361"> <h4>Oxygen</h4> </div>	<div data-bbox="451 48 471 203"> <p>UK_OX_P_00_2024-04</p> </div>
--	---

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to other. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What medicinal oxygen is and what it is used for
2. What you need to know before you use medicinal oxygen
3. How to use medicinal oxygen
4. Possible side effects
5. How to store medicinal oxygen
6. Contents of the pack and other information

The full name of this medicine is Medical Oxygen 100% medicinal gas, compressed. For ease of reference it will be referred to as medicinal oxygen throughout the leaflet.

1. WHAT MEDICINAL OXYGEN IS AND WHAT IT IS USED FOR

Medical oxygen contains oxygen, a gas that is essential for life. Treatment with oxygen can take place under normal pressure and under high pressure.

Oxygen therapy at normal pressure (normobaric oxygen therapy)

Oxygen therapy at normal pressure can be used to treat:

- **Low oxygen concentration of the blood or of a specific organ**, or to prevent this from happening
- **Cluster headaches** (a specific headache with short and very severe attacks on one side of the head)

Oxygen therapy at high pressure (hyperbaric oxygen therapy)

Oxygen therapy at high pressure should only be administered by qualified healthcare professionals in order to avoid the risk of injury due to strong fluctuations in pressure. Oxygen therapy at high pressure can be used:

- For the treatment of **serious carbon monoxide poisoning** (e.g., when the patient is unconscious)
- For the treatment of the bends (**decompression disease**)
- For the treatment of an **obstruction** in the heart or blood vessels caused by bubbles (gas or air embolism)

- For the support treatment in cases of **bone loss** after radiotherapy
- For the support **treatment in cases of dying tissue** as a result of an injury infected with gas-producing bacteria

2. WHAT YOU NEED TO KNOW BEFORE YOU USE MEDICINAL OXYGEN

Do not use medicinal oxygen

Oxygen at a pressure greater than atmospheric pressure (Hyperbaric Oxygen Therapy) must not be used in cases of untreated/undrained pneumothorax. A pneumothorax is due to the accumulation of air in the thoracic cavity between the two pulmonary membranes. If you have ever had a pneumothorax, please let your doctor know.

Warnings and precautions

Before you start oxygen therapy you should know the following:

- Oxygen may have harmful effects at **high concentrations**. This may cause pulmonary damages (collapse of the alveoli, inflammation of the lungs) which will obstruct the oxygen supply to the blood.
- If you have a severe chronic obstructive pulmonary disease (COPD) with subsequent deficiency in blood oxygenation, the flow rate of oxygen will be low. The doctor will adapt the appropriate flow rate of oxygen therapy.
- Be extra careful with administering oxygen to **new-born infants and pre-term new-born infants**. This is to minimise the risk of adverse events such as eye damage. The lowest possible oxygen concentration that is still effective should be used in order to achieve an adequate oxygenation.
- Be extra careful if you have **raised carbon dioxide levels in your blood** which neutralises the effects of oxygen.
- If you have breathing problems triggered by a reduced oxygen level in the blood or if you are taking strong pain killers, you need to be closely monitored by your doctor.
- If you have ever had a lung injury please let your doctor know.

Talk to your doctor or pharmacist before using medicinal oxygen.

Hyperbaric Oxygen therapy

Before using oxygen therapy at high pressure tell your doctor if you have:

- **Psychiatric problems** (anxiety, psychosis)
- **Fear of confined spaces** (claustrophobia)
- **Diabetes** (high glucose levels in your blood); due to the risk of hypoglycaemia, blood sugar should be measured between two hyperbaric therapies
- **Respiratory disorders**
- If you have ever had a **pneumothorax** which is an accumulation of air or gas in the thoracic cavity between the two pulmonary membranes
- **Heart problems**
- **High blood pressure**
- **Eye problems**
- **Ear, nose and throat disorders**

Children

In pre-term and new-born infants, oxygen therapy may lead to eye damage (retinopathy of prematurity). The doctor will determine the appropriate oxygen concentration to be administered to insure the optimal treatment for your baby.

Whenever oxygen is used, the increased risk of fire ignition should be taken into account.

Other medicines and medicinal oxygen

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

If you are taking or have been prescribed bleomycin (to treat cancer), amiodarone (to treat heart disease), nitrofurantoin (to treat infection), please advise your doctor prior to using oxygen, as there is a possibility of toxic effects to the lungs. Previous pulmonary damage caused by the pesticide Paraquat may be exacerbated by oxygen. In case of Paraquat intoxication, oxygen supplementation should be avoided as far as possible.

Medicinal oxygen with food and drink

Do not drink any alcohol during oxygen therapy. Alcohol can suppress breathing.

Pregnancy, breast-feeding and fertility

- During pregnancy, oxygen under normal pressure (normobaric oxygen therapy) may be administered only if necessary.
- There are no objections to the use of oxygen while breast-feeding.

Oxygen therapy at high pressure (hyperbaric oxygen therapy) should only be used if strictly necessary if you are pregnant or can be pregnant. Please inform your treating physician or specialist in case these conditions apply to you.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

Using medicinal oxygen at normal pressure (normobaric oxygen therapy) does not affect your ability to drive or operate machines. After oxygen therapy at high pressure (hyperbaric oxygen therapy) you may experience sight and hearing disorders which can influence the ability to drive and using machines.

3. HOW TO USE MEDICINAL OXYGEN

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Under no circumstances should you yourself change the oxygen concentration administered to you or your child.

Dosage

Oxygen therapy at normal pressure (normobaric oxygen therapy)

- If the oxygen concentration of the blood or of a specific organ is too low. Your doctor will tell you for how long and how many times a day you should administer medicinal oxygen because the dosage can differ from person to person. The aim is always to use the lowest possible oxygen concentration that is still effective. However, the actual oxygen concentration for inhalation should never be less than 21%, and may be increased up to 100%.
- to treat **breathing problems** because of reduced oxygen levels in the blood (hypoxia) or as a **breathing stimulus** (e.g. in pulmonary diseases as COPD): The oxygen concentration will be kept below 28% and sometimes even lower than 24%. In the case of new-born infants, oxygen concentrations for inhalation should be kept below 40% and only in very exceptional cases raised to 100%.
- The lowest possible oxygen concentration that is still effective should be used in order to achieve an adequate oxygenation. Fluctuations in oxygen saturation should be avoided.
- to treat **cluster headaches**: 100% oxygen is administered at a flow rate of 7 litres a minute, for a period of 15 minutes using a facial mask. Treatment should begin when the first symptoms occur.

How to use oxygen therapy at normal pressure

- Medicinal oxygen is a gas for inhalation that is administered using special equipment, such as a nose catheter or a facial mask. Any excess oxygen leaves your body through exhalation and mixes with the ambient air (this is called a *“non-rebreathing” system*).
- If you cannot breathe independently, you will be put on artificial breathing. During anaesthesia, special equipment with rebreathing or recycling systems is used so that the exhaled air is inhaled once again (this is called a *“rebreathing” system*).
- Oxygen can also be supplied through a so-called ‘oxygenator’ directly to the blood in cases of, among other things, cardiac surgery with a heart–lung machine, and in other conditions that require extracorporeal circulation

How to receive oxygen therapy at high pressure

- Oxygen therapy at **high pressure** should only be administered by healthcare professionals in order to avoid the risk of injury due to strong fluctuations in pressure.
- Depending on your condition, oxygen therapy under high pressure lasts 45 to 300 minutes per treatment session. The therapy sometimes includes one or two sessions, but long-term therapy can take up to 30 sessions or more, and multiple sessions a day if necessary.
- Oxygen therapy is given in a **special pressure room**.
- Oxygen therapy at high pressure can also be provided using a close-fitting facial mask with a hood covering the head or through a tube in your mouth.

If you use more medicinal oxygen than you should

If you have used more oxygen than you should, you should contact your doctor or pharmacist immediately. The toxic effects of oxygen vary according to the pressure of the inhaled oxygen and the duration of exposure. At **low pressure** (0.5 to 2.0 bar) toxic effects are more likely to occur in the lungs (pulmonary region) than in the brain and spinal cord (central nervous system). At **higher pressure**, the opposite applies. The effects in the lungs (pulmonary region) include shortness of breath, coughing and chest pain.

The effects in the brain and spinal cord (central nervous system) include ringing in ears, hearing and sight disorders, nausea, dizziness, anxiety and confusion, localised muscle cramps(around eyes, mouth and forehead), loss of consciousness, and seizures (epileptic fits). Ocular effects include blurred vision and reduced peripheral vision (“tunnel vision”). In case of oxygen poisoning due to hyperoxia, oxygen therapy should be reduced or, if possible, interrupted and symptomatic treatment initiated.

If you forget to use medicinal oxygen

Use the oxygen as described in the dosage section of the leaflet. Do not use a double dose to make up for a forgotten dose. This is because medicinal oxygen may be harmful in high concentrations.

If you stop using medicinal oxygen

Do not stop using this medicinal product at your own initiative. Ask your doctor or pharmacist.

The following information is intended for healthcare professionals only:

Posology

The concentration, flow and duration of the treatment will be determined by a physician, according to the characteristics of each pathology. Hypoxemia refers to a condition where the arterial partial pressure of oxygen (PaO₂) is lower than 10 kPa (<70 mmHg). An oxygen pressure level of 8 kPa (55 / 60 mmHg) will result in respiratory insufficiency. Hypoxemia is treated by enriching the patient's inhalation air with extra oxygen. The decision to introduce oxygen therapy depends on the degree of hypoxemia and the patient's individual tolerance level. In all cases, the objective of the oxygen therapy is to maintain a PaO₂ > 60 mm Hg (7,96 kPa) or oxygen saturation in the arterial blood ≥ 90%. If oxygen is administered diluted in another gas, the oxygen concentration in the inspired air (FiO₂) must be at least 21%.

Oxygen therapy at normal pressure (Normobaric oxygen therapy):

Administration of oxygen should be performed cautiously. The dose should be adapted to the individual needs of the patient, oxygen tension should remain higher than 8.0 kPa (or 60 mmHg) and oxygen saturation of haemoglobin should be > 90%. Regular monitoring of arterial oxygen tension (PaO₂) or pulseoxymetry (arterial oxygen saturation (SpO₂)) and clinical signs is necessary. The aim is always to use the lowest possible effective oxygen concentration in the inhaled air for the individual patient, which is the lowest dose to maintain a pressure of 8 kPa (60 mmHg)/saturation > 90%. Higher concentrations should be administered as short as possible accompanied by close monitoring of blood gas values.

Oxygen can be administered safely in the following concentrations, for the periods indicated:

Up to 100%	less than 6 hours
60-70%	24 hours
40-50%	during the second 24-hour period

Oxygen is potentially toxic after two days in concentrations in excess of 40%.

Neonates are excluded from these guidelines because retroletal fibroplasia occurs with a much lower FiO₂. The lowest effective concentrations should be sought in order to achieve an adequate oxygenation appropriate for neonates.

- Spontaneously breathing patients: The effective oxygen concentration is at least 24%. Normally, a minimum of 30% oxygen is administrated to ensure therapeutic concentrations with a safety margin. The therapy with high oxygen concentration (> 60%) is indicated for short periods in case of serious asthmatic crisis, pulmonary thromboembolism, pneumonia and alveolitic fibrosis, etc.
- A low oxygen concentration is indicated for the treatment of patients with chronic respiratory insufficiency due to a chronic obstructive upheaval of the airways or other causes. The oxygen concentration must not be more than 28%, for some patients even 24% can be excessive. Administration of higher oxygen concentrations (in some cases up to 100%) is possible, although when using most administration devices it is very difficult to obtain concentrations > 60% (80% in the case of children).

The dose should be adapted to the individual needs of the patient, at flow rates ranging from 1 to 10 litres of gas per minute.

- Patients with chronic respiratory insufficiency: Oxygen must be administered at flow rates ranging from 0.5 to 2 liters/minute, rates should be adjusted on the basis of blood gas values. The effective oxygen concentration will be kept below 28% and sometimes even lower than 24% in patients suffering from breathing disorders who depend on hypoxia as a breathing stimulus.
- Chronic respiratory insufficiency resulting from Chronic Obstructive Pulmonary Disease (C.O.P.D.) or other conditions: The treatment is adjusted on the basis of blood gas values. Arterial partial oxygen pressure (PaO₂) should be > 60 mm Hg (7,96 kPa) and oxygen saturation in the arterial blood ≥ 90%. The most common administration rate is 1 to 3 liters/minute for 15 to 24 hours/day, also covering paradoxical sleep (the most hypoxemia-sensitive period within a day). During a stable disease period, CO₂ concentrations should monitored twice every 3-4 weeks or 3 times per month as CO₂ concentrations can increase during oxygen administration (hypercapnia).
- Patients with acute respiratory insufficiency: Oxygen must be administered at a rate ranging from 0.5 to 15 liters/minute, flow rates should be adjusted on the basis of blood gas values. In case of emergency, considerably higher doses (up to 60 liters/minute) are required in patients with severe respiratory difficulties.
- Mechanically ventilated patients: If oxygen is mixed with other gases, the oxygen fraction in the inhaled gas mixture (FiO₂) may not fall under 21%. In practice, 30% tends to be used as the lower limit. If necessary, the inhaled oxygen fraction can be raised to 100%.
- Paediatric population: New-born infant: In new-born infant, concentrations of up to 100% can be administered in exceptional cases; however, the treatment must be closely monitored. The lowest effective concentrations should be sought in order to achieve an adequate oxygenation. As a rule, oxygen concentrations in excess of 40% in inhalation air must be avoided, considering the risk of eye damage (retinopathy) or pulmonary collapse. Oxygen pressure in the arterial blood must be closely monitored and kept below 13.3 kPa (100 mmHg). Fluctuations in oxygen saturation should be avoided. By preventing substantial fluctuations in oxygenation, the risk of eye damage can be reduced. (Also see section 4.4.)
- Cluster headache: In the case of cluster headache, 100% oxygen is administered at a flow rate of 7 liters/minute for 15 minutes using a close-fitting facial mask. The treatment should begin in the earliest stage of a crisis.

Hyperbaric oxygen therapy:

Dosage and pressure should always be adapted to the patient's clinical condition and therapy should only be given after doctor's advice. However, some recommendations based on current knowledge are given below.

Hyperbaric oxygen therapy is done at pressures higher than 1 atmosphere (1.013 bars) between 1.4 and 3.0 atmosphere (usually anywhere between 2 and 3 atmosphere). Hyperbaric oxygen is administered in a special pressure room.

