

# Nasal Cannula

## Technical Bulletin for Home Use

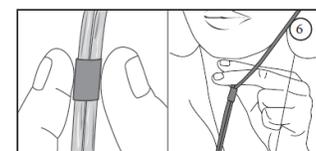
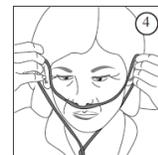
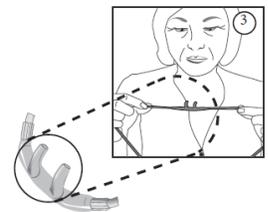
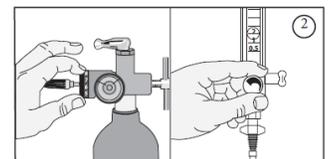
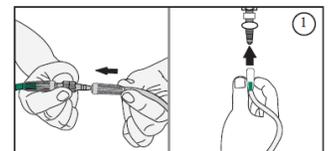
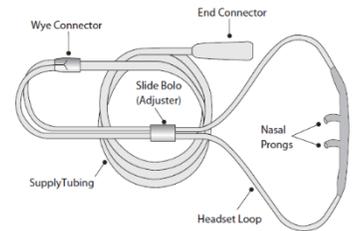
Please read and follow the Instructions for Use provided with the products prior to using the Nasal Cannula.

The Nasal Cannula is used to deliver supplemental oxygen to patients who have a prescription for oxygen therapy. Prior to home use, you and/or your caregiver should receive instructions from a trained healthcare professional on how to safely use your nasal cannula while on oxygen. Nasal Cannulas are disposable and for single-patient use.

Nasal cannulas are available in sizes from infants to adults. Nasal cannulas are available in different styles with various lengths of supply tubing. Some styles may have liter flow limitations, which will be stated on the product label.

### Application

1. Wash your hands. Remove the nasal cannula from the package.
2. Attach the end connector to oxygen source, e.g., oxygen extension tubing or oxygen flow outlet (1).
3. Adjust the flow control knob to the prescribed liter flow (2).
4. Check for gas flow from the nasal prongs.
5. Position the nasal cannula with the nasal prongs facing upward and curved toward the face. Insert the two prongs into the nostrils (3).
6. Wrap the headset loop up and over both ears (4). Alternative placement: Secure the headset loop behind the head (5).
7. Squeeze the sides of the bolo (6) and glide the bolo up under the chin or until snug around your head (5).
8. Leave enough space to fit at least two fingers between the bolo and the chin (6).



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# Nasal Cannula Technical Bulletin, continued

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## Care and Cleaning Instructions

1. At least once a day, use a clean damp cloth to wipe off the nasal prongs and headset tubing. Use plain water or water with a small amount of mild liquid dish detergent to dampen the cloth.
2. Do not use strong or scented detergents, alcohol-based products, household bleach solutions or lotion soaps to clean your nasal cannula. Do not sterilize the nasal cannula.
3. Discard and replace the nasal cannula when it becomes soiled, discolored or the prongs become stiff.
4. Discard and replace your nasal cannula if you were recently were sick or getting over a cold.
5. Recommend replacing the nasal cannula at least once every 14 days. Do not use the nasal cannula for more than 30 days.

## Troubleshooting Guide

Problem	Possible Cause	Corrective Action
No oxygen flow from nasal prongs	<ol style="list-style-type: none"><li>1. Cannot feel the airflow in your nostrils.</li><li>2. Flow control valve is not turned on.</li><li>3. Oxygen system is not functioning properly or oxygen container is empty.</li><li>4. The nasal cannula is disconnected from oxygen device or supply tubing.</li><li>5. Nasal cannula or oxygen tubing kinked or blocked.</li><li>6. There is a leak in the nasal cannula or oxygen tubing.</li></ol>	<ol style="list-style-type: none"><li>1. Check air flow by placing the prongs next to your hand or place the nasal prongs into a small container of clean water. Bubbles will appear if there is oxygen flow.</li><li>2. Set flow control to prescribed setting.</li><li>3. Switch to backup oxygen.</li><li>4. Reconnect oxygen tubing. Ensure all tubing connections are tight and secure.</li><li>5. Inspect cannula and oxygen tubing for kinks and obstructions. Make sure that there is no equipment or furniture on top of the tubing.</li><li>6. Inspect the nasal cannula and tubing for damage (holes) and loose connections.</li></ol>
Moisture in nasal cannula or oxygen supply tubing	<ol style="list-style-type: none"><li>1. Humidifier bottle is overfilled or has tipped over.</li><li>2. Water trap is full.</li><li>3. High humidity environment, or sudden drop in temperature.</li></ol>	<ol style="list-style-type: none"><li>1. Pour out the excess water. Do not fill the bubble humidifier past the maximum fill line. Ensure that the bubble humidifier bottle is upright.</li><li>2. Empty the water trap.</li><li>3. Consider adding a water trap between nasal cannula and supply tubing.</li></ol>

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# Nasal Cannula Technical Bulletin, continued

## Troubleshooting Guide, continued

Problem	Possible Cause	Corrective Action
Nasal dryness or irritation	<ol style="list-style-type: none"> <li>1. Gas flow is dry.</li> <li>2. No humidifier is being used.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use normal saline nasal spray or water soluble ointment (e.g., AYR Saline Nasal Gel, KY Jelly) to moisten the inside your nostrils. If condition worsens, contact your doctor.</li> <li>2. Contact your doctor or healthcare provider to request humidification.</li> </ol>
Irritation/soreness above the lip or over the ears	<ol style="list-style-type: none"> <li>1. Headset tubing too tight. Tubing applying pressure against the skin.</li> </ol>	<ol style="list-style-type: none"> <li>1. Loosen the headset tubing. Place cotton padding or cushion over ears (e.g., EZ-wrap). Switch to a nasal cannula with soft headset tubing.</li> </ol>
Skin rash and/or sores	<ol style="list-style-type: none"> <li>1. Sensitivity or reaction to the nasal cannula PVC material.</li> <li>2. Detergent/disinfectants used to clean nasal cannula may be absorbed into the plastic and causing irritation.</li> <li>3. Nasal cannula is dirty.</li> <li>4. Nasal cannula is old. The nasal prongs are stiff causing discomfort.</li> </ol>	<ol style="list-style-type: none"> <li>1. Contact your doctor and health care provider. Consider switching to a cannula made from a different material, e.g. silicone.</li> <li>2. Only use water and mild soap to clean your cannula and rinse off.</li> <li>3. Replace the nasal cannula, if unable to clean it with a damp cloth.</li> <li>4. Replace the nasal cannula. Do not use for more than 30 days.</li> </ol>
Discoloration of the cannula	<ol style="list-style-type: none"> <li>1. A chemical reaction caused by exposure to certain lotions, creams, hair dyes, aerosol sprays or detergents.</li> <li>2. Storage conditions may have been too hot, product stored in sunlight or device is old.</li> </ol>	<ol style="list-style-type: none"> <li>1. If possible try to avoid use of facial cream where the headset tubing touches the skin. Only use water and mild soap to clean your cannula.</li> <li>2. Replace nasal cannula. Store your extra cannulas in a well-ventilated area away from the sunlight.</li> </ol>
Nasal cannula has a strong odor	<ol style="list-style-type: none"> <li>1. Nasal cannula are typically made from PVC materials, which will have an odor. Some materials have a stronger smell than others.</li> </ol>	<ol style="list-style-type: none"> <li>1. The smell is usually strongest when removed from package. Run oxygen through the cannula for a few minutes before applying. Wipe the prongs and headset off with a damp cloth.</li> </ol>
Bubble humidifier pop-off sounds	<ol style="list-style-type: none"> <li>1. There is an obstruction distal to the bubble humidifier.</li> <li>2. The flow is set to high for that type of bubble humidifier.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check tubing and nasal cannula for obstructions or kinks.</li> <li>2. Ensure you are using a bubble humidifier that is compatible with your prescribed flow rate. Contact your homecare provider.</li> </ol>

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# Nasal Cannula Technical Bulletin, continued

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## Safety Precautions

Oxygen is a nonflammable gas, but does support combustion. Follow your homecare provider's instructions for the care and safe operation of your oxygen delivery system (e.g., oxygen cylinder, oxygen concentrator, liquid oxygen).

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Do not smoke or allow anyone to smoke around you. This includes cigarettes, pipes, cigars, and electronic cigarettes (vapors). Post **NO SMOKING** Signs in your home.



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Keep oxygen equipment at least 6 to 10 feet away from flames or any heat source, for example, fireplaces, stoves, barbecue grills, candles and space heaters.



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Do not use petroleum based products or oil-based creams and lotions in or around your nose. For example, don't apply Vaseline around or in your nares.



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Do not use flammable products such as aerosol sprays or cleaning products while wearing your nasal cannula or around your oxygen source.



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Avoid using electrical equipment that may cause a spark, for example, electric razor, hair blow-dryer, electric toothbrushes, curling iron and electric toys.



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Use oxygen as prescribed by your doctor.

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The total length of your nasal cannula and oxygen supply tubing should not exceed 57 feet to ensure there is enough pressure to deliver prescribed oxygen flow rate.

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Do not kink, bend or tie your oxygen tubing,

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Do not place anything on your tubing that may obstruct flow.

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Keep excess tubing loosely coiled and out of the way to prevent tripping on oxygen tubing.

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Do not place your oxygen tubing or nasal cannula under blankets, bed sheets, rugs, etc.

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Use caution to prevent your oxygen tubing from becoming entangled in your furniture.

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Keep an extra nasal cannula and other oxygen supplies available for use.

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Do not let children or pets play with your nasal cannula and oxygen equipment.

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Recommend use of swivel adapter for nasal cannula and supply tubing longer than 14 feet.

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If using humidification, add a water trap to collect excess moisture in the supply tubing.

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Notify your local fire department and utility company that you are using oxygen in your home.

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