



# VPOD Freedom Patient Self Administered Overnight Oximetry Instructions

Patient Name \_\_\_\_\_ Reading ID \_\_\_\_\_

Your prescriber ordered this oximetry test to monitor your blood oxygen levels while you are asleep. It is vital you closely follow these instructions to get the best results.

VirtuOx is the testing facility that will process the test results and send them to your prescriber. Per Medicare guidelines, the company that delivers the testing device to you cannot assist with the instruction or performance of the test.

DME Courier: \_\_\_\_\_ Phone \_\_\_\_\_

**Please follow the conditions below as prescribed:**

Device screen will auto-dim to conserve the battery. Press any button and the screen will display.



Oxygen Level  
Heart Rate  
Program Button  
**DO NOT TOUCH!**

Button Turns Device ON & OFF

## **IMPORTANT**

You must stay awake during the first 10 minutes of the test.

## **TEST SETUP**

**1** Follow the test conditions above.

Remove any fingernail polish and coverings from the finger you will be using.

**2** Attach sensor to the device as shown below.



**3** Attach sensor to index finger and apply tape or Band Aid to secure sensor to your finger.



**4** Hold down on the button until the device is powered ON.



**5** Go to sleep. Wear the device all night.



**6** When you wake up in the morning, take the device off. Then call the DME at the phone number above to pick up the device.



## **ADDITIONAL INSTRUCTIONS:**

- If the sensor falls off during the night:
  - 1) Replace the sensor on your finger.
  - 2) Check to see the oximeter is ON and displays numbers.
  - 3) If the oximeter is OFF, press the power button to turn it ON.
- If you wake up during the night and need to get out of bed, please carry the device. You may remove the probe only in case of hygienic necessity.
- You can use the probe on any finger. Make sure it feels comfortable and receives a reading from the device.