

Instructions for Carbon Monoxide (CO) Monitoring

It is important to show your client how the CO Monitor works and what the purpose of it is.

- ✓ Carbon monoxide or CO is a poisonous gas.
- ✓ CO has no color and no smell.
- ✓ It is found in car exhaust fumes and in tobacco smoke.
- ✓ CO deprives the body of oxygen it needs to live.
- ✓ Smokers can have 2-20% of their normal blood oxygen taken up by CO.
- ✓ This lack of oxygen increases the risk of damage to the heart muscles, can affect your ability to concentrate and can make you tired.

How to use the piCO+ Smokerlyzer: *(note: other monitors work similar - please consult your owner's manual)*

1. Turn on the monitor by holding down the button for three seconds.
2. Attach a breath sampling D-piece and new mouthpiece.
3. Inhale and double click button to start a breath test.
4. Hold breath for the 15-second countdown.
5. A beep will sound during the last three seconds of the countdown.
6. Blow slowly into the mouthpiece, aiming to empty lungs completely.
7. The ppm and equivalent % carboxyhaemoglobin (COHb) levels will rise and hold. The colored LED's will light accordingly.
8. Remove the D-piece between tests to purge the sensor with fresh air.
9. To repeat the breath test, double click the button to return to main display and continue from step 2 above.
10. To switch off, hold button for 3 seconds. Until will auto power off after 5 minutes of inactivity.

Patient Directions for taking a CO reading:

Tell your client the directions and then reassure them that once you begin you will remind them as they go along.

1. Sit up straight in the chair with both feet flat on the floor.
2. When I say go, you will take a deep breath and hold it for 15 seconds.
3. The machine will help you count down for 15 seconds
4. When it gets to zero, close your lips tightly around the cardboard tube and blow out (exhale) into the tube for as long as you can.
5. Do not blow too hard or it can affect the reading by disengaging the valve pin in the monitor.
6. View output number and explain the reading to your client.
7. (OPTIONAL) Change ppm setting to % to view estimated percentage of red blood cells which are carrying CO instead of oxygen

Patients are often curious and concerned about their assessment results. Respond positively to any curiosity expressed, since this is a sign of treatment engagement. Be sure to explain in clear and simple language the meaning of the CO reading and the fact that with abstinence from tobacco CO levels return to normal within 24 hours.