

Oxygen Saturation Using the Pulse Oximeter

A pulse oximeter measures your oxygen saturation. In other words, it checks how well your heart is pumping oxygen through your body. For a healthy person, oxygen saturation above 95% is considered standard, but it should not fall below 89%. Contact your doctor if your oxygen saturation decreases below 89% or you have increased shortness of breath.

If you're on blood pressure medication, it is recommended you check your oxygen level at least once daily, and during exercise or any time your symptoms get worse (i.e., experience shortness of breath).

Date	Time	%SpO ²	bpmpR

