

PATIENT KIT:

Measuring Your Symptoms

Included in this package is a blood pressure cuff and pulse oximeter to help you measure your symptoms.

Please measure your oxygen level with the pulse oximeter, blood pressure, heart rate and temperature in the morning, then again in the late afternoon.

Record these measurements in the log on the back of this sheet.

If you have any of the following, or if your symptoms worsen, please call 319-384-8819 to be connected with a nurse. The nurse will review your symptoms and provide advice on next steps.

Pulse oximetry below 92% for non-pregnant adults or below 95% for pregnant adults

Breathing rate that stays above 24 breaths per minute

New shortness of breath

If the systolic blood pressure (top number) is 30 points below what your baseline number was

Heart rate above 105 beats per minute

Temperature over 39 degrees Celsius or 102.2 degrees Fahrenheit

Confusion

Falling down

Not able to keep liquids down for 12 hours

