

**Call 911 or Go to the  
Nearest Emergency  
Department Right Away  
if you have:**

- trouble breathing that does not get better when you rest
- new chest pain or chest pain that is getting worse
- severe difficulty breathing
- sudden confusion
- need for immediate medical attention.
- SpO<sub>2</sub> lower than 85%



**NOTE: Do this at any time — even if your SpO<sub>2</sub> number looks okay**

**For 24 hour professional health advice and information, call:**

**HealthLine 811**  
HEALTHLINEONLINE.CA ++

**In Hospital:**

- A Primary Health Care Nurse Navigator brings you an oxygen saturation (SpO<sub>2</sub>) monitor and teaches you how to use it before leaving the hospital.
- The Nurse Navigator provides inhaler education (if applicable) and provides you with community resources to support you at home.
- Home oxygen is arranged by your hospital discharge team.
- SAIL and/or acute care provides you with education on how to use home oxygen.

**Oxygen Company Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**At Home:**

- The community team member phones you within 24 hours of discharge and arranges a home visit.
- An initial home visit is completed within 24 to 48 hours of discharge.
- The community team asks you questions about your symptoms and assists you with weaning oxygen therapy and follows you continuously while you are on oxygen
- **It is important that you DO NOT adjust your oxygen settings unless your healthcare team tells you to**

**\*\*This is a general guide, and it may not apply to you in all situations\*\***

When Checking Your SpO <sub>2</sub> (Oxygen Level)	Action you should take
SpO <sub>2</sub> 90% or greater AND you are experiencing minor changes or you have new symptoms	Call Intermediate Care Services (ICS) 306-766-6280, Option 1 (open from 8:00 a.m. to 8:00 p.m.) From 8:00 p.m. to 8:00 a.m. (overnight) Call 811
SpO <sub>2</sub> 86% to 89% AND are not experiencing new or changed symptoms	Call Intermediate Care Services (ICS) 306-766-6280, Option 1 (open from 8:00 a.m. to 8:00 p.m.) From 8:00 pm to 8:00 a.m. (overnight) Call 811
SpO <sub>2</sub> 86% to 89% AND experiencing symptoms	Call HealthLine 811
Lower than 85%	Call 911 or go to the nearest Emergency Department

If you have more concerns or questions, call Intermediate Care Services at 306-766-6280.  
If after 8pm, call 811 or 911



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**PIER - Patient Information and Education Resource**

**Area: Regina  
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**Page 1 of 1**