## Liquid Medical Oxygen

 100\% medicinal gas,
## cryogenic

Oxygen

## Read all of this leaflet carefully before you start using this medicine because it

 sontains important information for you.Always use this medicine exactly as you in this leaflet or as your doctor or pharmacist has told you.
Keep tis leanet. You may need to read

- Keep thi
again.
- Ask your

Ask your pharmacist if you need more

- If you get any side effects, talk to your possible side effects not listed in this leaflet See section 4
better or if you feel wors if you do not feel


## What is in this leaflet

1. What medicinal oxygen is and what it is used
for What you need to know before you use
medicinal oxygen
2. How to use medicinal oxygen
3. Possible side effects
4. Contents of the pack and other information

The full name of this medicine is Liquic
Medical Oxygen $100 \%$ Medicinal gas,
cryogenic, and Liquid Medical Oxy
$100 \%$ medicinal gas, cryogenic. $100 \%$ medicinal gas, cryogenic.
For ease of reference it will be referred to as medicinal oxygen throughout the leaflet.

1. WHAT MEDICINAL OXYGEN IS

AND WHAT IT IS USED FO
Medicinal oxygen contains oxygen, a gas that take place under normal pressure and under high pressure.
Oxygen therapy at normal pressure
normobaric oxygen therapy
Oxygen therapy at normal pressure can be
used to treat: used to treat:
Low oxygen concentration of the blood
or of a specific organ, from happening
Cluster headaches (a specific headache with short and very severe attacks on one
side of the head) side of the head
Oxygen therapy at high pres
(hyperbaric oxygen therapy)
hyperbaric ox
Oxygen therapy at high pressure should only
be administered by qualified healthcare professionals in order to avoid the risk of injury due to strong fluctuations in pressure. Oxygen therapy at high pressure can be used - For the treatment of serious carbon
monoxide poisoning (e.g., when the is unconscious)

For the treatment of the bend For the treatment of an obstruction in the heart or blood vessels caused by bubble For the support treat loss after radiotherapy For the support treatment in cases of dying tissue as a result of an injury infected with gs-producing bacteria

## 2. WHAT YOU NEED TO KNOW BEFORE YOU SE MEDICINAL OXYGEN

Do not use medicinal oxygen
Oxygen at a pressure greater than atmospheric pressure (Hyperbaric Oxygen Therapy) must not e used in cases of untreated/undrained accumulation of air in the thoracicic cavity between he two pulmonary membranes. If you have ever he two pulmonary membranes. If you have e
ad a peumothorax, please let your doctor

Warnings and precautions
Before you start oxygen therapy you should know the following
Oxygen may have harmful effects at high
concentrations. This may cause damages (collapse of the alveoli, inflammation of the lungs) which will obstruct the oxygen supply to the blood.
If you have a severe chronic obstructive deficiency in blood oxygenation, the flow rate of oxygen will be low. The doctor will adapt the appropriate flow rate of oxygen therapy. Be extra careful with administering oxygen to
new-born infants and pre-term new-born infants. This is to minimise the risk of adverse events such as eye damage. The lowest possible oxygen concentration that is still effective should be used in order to achieve an adequate oxydenation. dioxide levels in your blood which neutralises the effects of oxygen.
If you have breathing
If you have breathing problems triggered by a taking strong pain killers, you need to be closely monitored by your doctor.
If you have ever had a lung injury please let your doctor know.
Talk to your doctor or pharmacist before using medicinal oxygen.

## Hyperbaric Oxygen therapy

Before using oxygen therapy at high pressure tell your doctor if you have

- Psychiatric problems (anxiety, psychosis) Diabetes (high glucose levels in your blood)
due to the risk of hypoglycaemia, blood sugar
should be measured between two hyperbaric therapies
If you have ever had an accumulation of air or gas in the thoracic cavity between the two pulmonary membranes
Heart problems High blood press
Eye problems
Ear, nose and throat disorder
Children
n pre-term and new-born infants, oxygen herapy may lead to eye damage (retinopathy of prematurity). The doctor will determine the
appropriate oxygen concentration to be administered to insure the optimal treatment for your baby.
Whenever oxygen is used, the increased risk of Whenever oxygen is used, the increased


## her medicines and medicinal oxygen

 ave recently taken or might take any other medicines.If you are taking or have been prescribed heart disease), nitrofurantoin (to treat infection), please advise your doctor prior to using oxygen, as there is a possibility of toxic effects to the lungs.
Previous pulmonary damage caused by the
pesticide Paraquat may be exacerbated by pesticide Paraquat may be exacerbated by
oxygen. In case of Paraquat intoxication, oxyge supplementation should be avoided as far as possible.
Medicinal oxygen with food and drink Do not drink any alcohol during oxygen
therapy. Alcohol can suppress breathing. Pregnancy, breast-feeding and fertility - During pregnancy, oxygen under normal pressure (normobaric oxygen therapy) may be
administered only if necessary. administered only if necessary.
There are no objections to the use of oxygen while breast-feeding.
Oxygen therapy at high pressure (hyperbaric oxygen therapy) should only be used if strictly necessary if you are pregnant or can be
pregnant. Please inform your treating pregnant. Please inform your treating physician or specialist in case these conditions apply
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby,
ask your doctor or pharmacist for advice before ask your doctor or pharmacist for advice before
taking any medicine. taking any mearicine.

## Driving and using machine

Using medicinal oxygen at normal pressure
(normobaric oxygen therapy) does not affect your ability to drive or operate machines. After oxygen therapy at high pressure (hyperbaric oxygen therapy) you may experience
sight and hearing disorders which can influence sight and hearing disorders which can influence
the ability to drive and using machines.

## 3. HOW TO USE MEDICINAL OXYGEN

 Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacistyou are not sure. Under no circumstances should you yourself change the oxygen concentration administered to you or your child.
Dosage
Oxygen therapy at normal pressure (normobaric oxygen therapy)
If the oxygen concentration of the blood or of a specific organ is too low.
Your doctor will tell you for how long and how Your doctor will tell you for how
many times a day you should administer many times a day you should acminger differ from person to person. The aim is
always to use the lowest possible oxygen always to use the lowest possible oxygen
concentration that is still effective. concentration that is stil effective.
However, the actual oxygen concentration for inhalation should never be less than $21 \%$, and may be increased up to $100 \%$
oo treat breathing problems because of or as a breathing stimulus (e.g. in pulmonary diseases as COPD):
The oxygen concentration will be kept below
$28 \%$ and sometimes even lower than $24 \%$. $28 \%$ and sometimes even lower than 24\%. in the case of new-born infants, oxygen
concentrations for inhalation should be kep below $40 \%$ and only in very exceptional cases aised to $100 \%$. The lowest possible oxygen concentration that is still effective should b used in order to achieve an adequate
oxygenation. Fluctuations in oxygen saturation should be avoided.

## otreat cluster headaches:

 77 litres a in administered at a flow rate 5 minutes usinge a facial mask. Treatment ow to use oxygen therapy at normapressure
Medicinal oxygen is a gas for inhalation that Medicinal oxygen is a gas for inhalation th
is administered using special equipment,
such as a nose catheter or a facial mask. such as a nose catheter or a facial mask. Any excess oxygen leaves your body
through exhalation and mixes with the ambient air (this is called a "non-rebreathing"
System).
If you cannot breathe independently, you will If you cannot breathe independently,
be put on artificial breathing. During
anaesthesia, special equipment with ebreathing or recycling systems is used so that the exhaled air is inhaled once again this is called a "rebreathing" system). Oxygen can also be supplied through a in cases of, among other things, cardiac surgery with a heart-lung machine, and in other condifions that require extracorpore circulation.

## How to rece <br> pressure

Oxygen therapy at high pressure should
only be administered by healthcare injury due to strong fluctuations in pressure. Depending on your condition, oxygen
therapy under high pressure lasts 45 to
The therapy sometimes includes one or two sessions, but long-term therapy can take up 30 sessions or more, and multiple sessions a day if necessary
Oxygen therapy is given in a special
Oxygen therapy at high pressure can also be provided using a close-fitting facial mask with a hood covering the head or through a tube in your mouth.
If you use more medicinal oxygen than you
If you have used more oxygen than you should, immediately
The toxic effects of oxygen vary according to the pressure of the inhaled oxygen and the duration of exposure.
At low pressure ( 0.5 to 2.0 bar) toxic effects are more likely to occur in the lungs (pulmonary region) than in the brain and spinal cord (central nervous system)
At higher pressure, the opposite applies. The effects in the lungs (pulmonary region) chest pain.
The effects in
The effects in the brain and spinal cord (central nervous system) include ringing in ears,
hearing and sight disorders, nausea, diz anxiety and confusion, localised muscle cramps (around eyes, mouth and forehead) oss of consids and sizus (epileptic
Ocular effects include blurred vision and reduced peripheral vision ("tunnel vision"). In case of oxygen poisoning due to hyperoxia, oxygen therapy should be reduced or, if
possible, interrupted and symptomatic treatment initiated.
If you forget to use medicinal oxygen Use the oxygen as described in the dosage section of the leaflet. Do not use a double dose
o make up for a forgotten dose. This is because medicinal oxygen may be harmful in high concentration

The following information is intended for

## Posology

The concentration, flow and duration of the treatment will be determined by a physic
according to the characteristics of each pathology.
Hypoxemia refers to a condition where the arterial partial pressure of oxygen ( $\mathrm{PaO}_{2}$ ) is
lower than $10 \mathrm{kPa}(<70 \mathrm{mmHg})$ lower than $10 \mathrm{kPa}(<70 \mathrm{mmHg})$. An oxygen
pressure level of $8 \mathrm{kPa}(55 / 60 \mathrm{mmHg})$ will result in respiratory insufficiency Hypoxtion air wreated by enriching the patient's The decision to introduce oxygen therapy depends on the degree of hypoxemia and the
patient's individual tolerance level. patient's individual tolerance level. In all cases, the objective of the oxygen therapy
is to maintain a $\mathrm{PaO}_{2}>60 \mathrm{~mm} \mathrm{Hg}(7,96 \mathrm{kPa})$ or is to maintain $\mathrm{a} \mathrm{PaO}_{2}>60 \mathrm{~mm} \mathrm{Hg}(7,96 \mathrm{kPa})$ or
oxygen saturation in the arterial blood $\geq 90 \%$. If oxygen is administered dilituted in another gas, the oxygen concentration in the inspired air $\left(\mathrm{HiO}_{2}\right)$ must be at least $21 \%$. Oxygen therapy at normal pressure Administration of oxygen should be performed cautiously. The dose should be adapted to the individual needs of the patient, oxygen tensi should remain higher than 8.0 kPa haemoglobin should be > 90\%.
Regular monitoring of arterial oxygen tension ${ }^{\left(\mathrm{PaO}_{2}\right)}$ ) or pulsoxymetry (arterial oxyge saturation $\left(\mathrm{SpO}_{2}\right)$ and clinical signs is
necessary. The aim is always to use the lowest necessary. The aim is always to use the lowest
possible effective oxygen concentration in the inhaled air for the individual patient, which is the lowest dose to maintain a pressure $8 \mathrm{KPa}(60 \mathrm{mmHg}) /$ saturation $>90 \%$.
Higher concentrations should be administered as short as possible accompanied by close monitoring of blood gas values.
Oxygen can be administered safely in the following concentrations, for the periods indicated:
Up to 100\% $\quad$ less than 6 hours
$60-70 \%$
$\begin{array}{ll}60-70 \% & \begin{array}{l}24 \text { hours } \\ \text { during the second } 24-\text {-hour } \\ \text { period }\end{array} \\ 40-50 \% & \end{array}$
Oxygen is potentially toxic after two days in concentrations in excess of $40 \%$.
Neonates are excluded from these guidelines because retroental ibroplasia occurs with much lower FO . The lowest effective achieve an adequate oxygenation appropriate for neonates.
The effective oxygen concentration is at least $24 \%$. Normally, a minimum of $30 \%$ is at leas administrated to ensure therapeutic concentrations with a safety margin.
The therapy with high oxygen concentration $(>60 \%)$ is indicated for short periods in case of serious asthmatic crisis, pulmonary fibrosis, etc.
Alow oxygen concentration is indicated for the treatment of patients with chronic
respiratory insufficiency due to a chronic obstructive upheaval of the airways or other causes. The oxygen concentration must not be more than $28 \%$, for some patients even $24 \%$ can be excessive. concentrations (in some cases up to $100 \%$ ) is possible, although when using most administration devices it is very difficult to obtain concentrations > 60\% ( $80 \%$ in the case of children).

The dose should be adapted to the individua needs of the patient, at flow rates ranging 1 to 10 litres of gas per minute Patients with chronic respirtory insufficiency:
gen must be administered at flow rates ranging from 0.5 to 2 liters/minute, rates las.
The effective oxygen concentration will be ept below $28 \%$ and sometimes even lowe than $24 \%$ in patients suffering from reathing disorders who depend on hypoxia as a breathing stimulus.
ciency resulting foisease (C.O.P.P.) or other conditions: The treatment is adjusted on the basis o lood gas values. Arterial partial oxygen
pressure ( PaO ) ) should be $>60 \mathrm{~mm} \mathrm{Hg}$ pressure $\left(\mathrm{PaO}_{2}\right)$ should be $>60 \mathrm{~mm} \mathrm{Hg}$
$(7,96 \mathrm{kPa}$ ) and oxygen saturation in the arterial blood $\geq 90 \%$.
The most common administration rate is to 3 liters/minute for 15 to 24 hours/day, lso covering paradoxical sleep a day). During a stable disease period, $\mathrm{O}_{2}$ concentrations should monitored twice every 3-4 weeks or 3 times per month as
$\mathrm{CO}_{2}$ concentrations can increase during oxygen administration (hypercapnia).
Patients with acute respiratory insufficiency Oxygen must be administered at a rate anging from 0.5 to 15 liters/minute, flow lood gas values. In case of emergency onsiderably higher doses
(up to 60 liters/minute) are required in
atients with severe respiratory difficulties. f oxygen is mixed with other gases oxygen fraction in the inhaled gas mixture (FiO2) may not fall under $21 \%$. In practice, necessary, the ushaled as the lower limit. be raised to $100 \%$. New-born infant
Paediatric population: New-born
In new-born infant, concentrations of up to In new-born infant, concentrations of up to
$100 \%$ can be administered in exceptional cases; however, the treatment must be closely monitored. The lowest effective concentrations should be sought in order to chieve an adequate oxygenation. As a rule, ixygen concentrations in excess of $40 \%$ in he risk of eye damage (retinopathy) or pulmonary collapse. Oxygen pressure in the
arterial blood must be closely monitored and Fluctuations in oxygen saturation st voided. By preventing substantial fluctuations in oxygenation, the risk of eye amage can be reduced. (Also see section 4.4.)
Cluste
in the case of cluster headache, 100\% xygen is administered at a flow rate of 7 liters/minute for 15 minutes using a should begin in the earliest stage of a crisis. Hyperbaric oxygen therapy:
Dosage and pressure should always be adapted to the patient's clinical condition and therapy should only be given after doctor's advice. However, some knowledge are given below. Hyperbaric oxygen therapy is done at pressures higher than 1 atmosphere
1.013 bars) between 1.4 and 3.0 atmon 1.013 bars) between 1.4 and 3.0 atmosphere
(usually anywhere between 2 and (usually anywhere between 2 and
3 atmosphere). Hyperbaric oxygen


If you stop using medicinal oxygen Do not stop using this medicinal product at your Safety advice on the use of medicinal oxygen Oxygen is an oxidising product and promotes combustion. There must be no smoking or open flames (e.g. pilot lights, cookers, oven, gas fire, sparkles, candles ...) in rooms where medicina oxygen is used, as it increases the risk of fire.
Handle carefully the cylinder. Ensure that the gas cylinder is not dropped or exposed to knocks.
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. Very common (may affect more than 1 in 10 people) With normobaric treatment: In newborns exposed to high oxygen concentrations:
Damage to the eye, which can result in impaired vision.
With hyperbaric treatment: ear pain, myopia, barotrauma (injury caused to body
organs by a change in pressure).
Common (may affect up to 1 in 10 people) With hyperbaric treatment: Convulsions Uncommon (may affect up to 1 in 100 people) With normobaric treatment: lung collapse (atelectasis).
With hyperbaric treatment: Rupture of the eararum
Rare (may affect up to 1 in 1000 people) With hyperbaric treatment: breathlessness, patients.
Not known (frequency cannot be estimated from the available data)
$\frac{\text { With normobaric treatment: Pulmonary toxicity, }}{\text { aggravation of the excess carbon dioxide in the }}$ aggravation of the excenpia), mucosal dryness, local irritation and inflammation of the mucosa. With hyperbaric treatment: breathing difficulty, involuntary muscular contraction, vertigo,
audition impairment, acute serous otitis, noise or ringing in the ears (tinnitus), sickness, abnormal behaviour, decrease in peripheral
vision, visual changes, clouding of the lens (cataract). (cataract).

## Reporting of side effects

If you get any side effects, talk to your doctor or effects not listed in this leaflet.
You can also report side effects directly via the Yellow Card Scheme
(Website: www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide
more information on the safety of this medicine
5. HOW TO STORE MEDICINAL OXYGEN Keep this medicine out of the sight and reach of
children. children.
Do not use this medicine after the expiry date
which is stated on the vessel/cistern after EXP. The expiry date refers to the last day of that month.
Keen the
Keep the vessel/cistern in a well--ventilated area
within a temperature range of $-20^{\circ} \mathrm{C}$ and $50^{\circ} \mathrm{C}$ Keep away from inflammable and combustible materials and sources of heat or open fire. If at risk of fire - move to a a safe place. The transport must be conducted in accordance with international regulations for transporting dangerous materials. dangerous materials.
Avoid any contact with oil, grease or
hydrocarbons.
6. CONTENTS OF THE PACK AND OTHER

What medicinal oxygen contains

- The active substance is oxygen, $100 \% \mathrm{v} / \mathrm{v}$.


## The are no other ingredients.

## What medicinal oxyge

Medicinal oxygen is an inhalation gas
It is supplied as a liquid or gas in a special container
Oxygen is a colourless, tasteless and
odourless gas.
In liquid state it has a blue colour.
Liquid medicinal oxygen is packed in mobile cryogenic vessels.
Mobile cryogenic vessels are made of an outer and an inner vessel of stainless steel with a with dedicated filling port and withdrawal hose connection.
The valves are made of brass, stainless steel and/or bronze and
low temperatures.
These vessels contain oxygen in the liquid state at very low temperature.
The content of the vessels varies from 10 to 1100 litres.
Exygen gas liquid oxygen delivers 853 litres of xygen gas at $15^{\circ} \mathrm{C}$ and 1 bar.

| Vessel content in litres | Capacity for liquid oxygen in litres | Equivalent amount of gaseous oxygen in $\mathrm{m}^{3}$ at $15^{\circ} \mathrm{C}$ and 1 atm |
| :---: | :---: | :---: |
| 10 | 10 | 8.53 |
| to |  |  |
| 1,100 | 1,100 | 938.3 |
| Not all vessel sizes may be marketed |  |  |

Liquid medicinal oxygen is packed in mobile
cryogenic cisterns and fixed cryogenic
vessels.
Mobie cryogenic cisterns are made of an The valves are made of brass, stainless steel and/or bronze and are specially designed for ow temperatures.
These cisterns contain oxygen in the liquid The content of the cisterns varies from 9000 to 26000 litres.
Each litre of liquid oxygen delivers 853 litres of oxygen gas at $15^{\circ} \mathrm{C}$ and 1 bar.

| Cistern <br> content <br> in litres | Capacity <br> for liquid <br> ooxygen in <br> litres | Equivalent amount <br> of gaseous oxygen <br> in $\mathbf{m}^{3}$ at $\mathbf{1 5}^{\circ} \mathrm{C}$ and <br> 1 atm |
| :--- | :--- | :--- |
| 9,000 | 9,000 | 7,677 |
| to |  |  |
| 26,000 | 26,000 | 22,178 |
|  |  |  |
| Not all cister sizes may be marketed |  |  |

Fixed cryogenic vessels are special steel tanks a double wall separated by a high vacuum. d/alves are made of brass, stainless steel emperatures.
These vessels contain oxygen in the liquid state a The content of the vessels ranges up to 50,000 The con
litres.
Each
ach litre of liquid oxygen delivers 853 litres of oxygen gas at $15^{\circ} \mathrm{C}$ and 1 bar.

| Vessel content in litres | Capacity for liquid oxygen in litres | Equivalent amount of gaseous oxygen in $m^{3}$ at $15^{\circ} \mathrm{C}$ and 1 atm |
| :---: | :---: | :---: |
| Up to 50,000 litres | 50,000 litres | 42,650 |

## Marketing Authorisation Holder and

Manufacturer
Marketing Authorisation Holder
SOL S.p.A.
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Manufacturer
Liquid Medical Oxygen
mobile cryo
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2 Vladaiska Reka Str, 1510 Sofia, Bulgaria SPG - SOL Plin Gorenjska d.o.o. , Slovenia Dolby Medical Home Respiratory Care Limited Unit 18, Arkwright Road Industrial Estate Arkwright Road, Bedford
MK42 OLQ, United Kingdom
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Sol France, sucursal España (SOLFSE)
Calle Telégraf, s/n, Nt.17-19, Polígono Industrial Sota el Molí,
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