

A Guide to Carbon Monoxide Monitors

NHS Forth Valley has supplied you with a Carbon Monoxide (CO) Monitor. We would request that you follow this guidance when using your monitor. Responsibility for the loss or damage of this monitor lies with the pharmacy in possession of the monitor. For details on how to replace a damaged monitor contact community pharmacy services, FV-UHB.communitypharmacyservices@nhs.net Tel: 01324 673611

CO monitors are highly motivational tools for smokers and should be used to raise awareness with a smoker and to encourage a referral on to the Forth Valley Stop Smoking Services Team if appropriate:

Tel: **01786 433293** OR email: FV-UHB.FVStopSmokingService@nhs.net

1. Assess your patient's exposure to tobacco smoke through discussion and use of the CO monitor.
2. Explain that the CO test will allow your patient to see a physical measure of their own exposure to carbon monoxide and explain the dangers of this exposure.
3. To help interpret the CO reading, establish whether your client is a light or heavy smoker. Other factors to consider include the time since your client last smoked and the number of cigarettes smoked (and when) on the test day. CO readings can also be affected by other smokers in the household.
4. Your clients reading will be at its lowest first thing in the morning prior to having their first cigarette of the day and will gradually build up as the day goes on.
5. Please note that a non-smoking reading in Forth Valley is usually between 1-10ppm.
6. If your client does not smoke but is exposed to second hand smoke and they may have a higher reading than you would expect to see in a non-smoker, we would encourage a referral to the Stop Smoking Services Team for more information on second hand smoke.
7. In the unlikely event that your client is a non-smoker and is not exposed to second hand smoke but has a reading of 4ppm or above then it is possible that the reading indicates environmental exposure to carbon monoxide as a result of a faulty appliance in the home, for example. Action must be taken to resolve this immediately. Ask your patient to call the **free Health and Safety Executive gas safety advice line on 0800 300 363** for expert help.
8. A smoker's reading will return to normal (a non- smoking reading) 48 hours after their last cigarette, therefore it is important to reassure your client that this monitor is not measuring the long term effects of smoking.
9. Please follow these instructions for use and ensure that cleaning instructions provided are followed.