

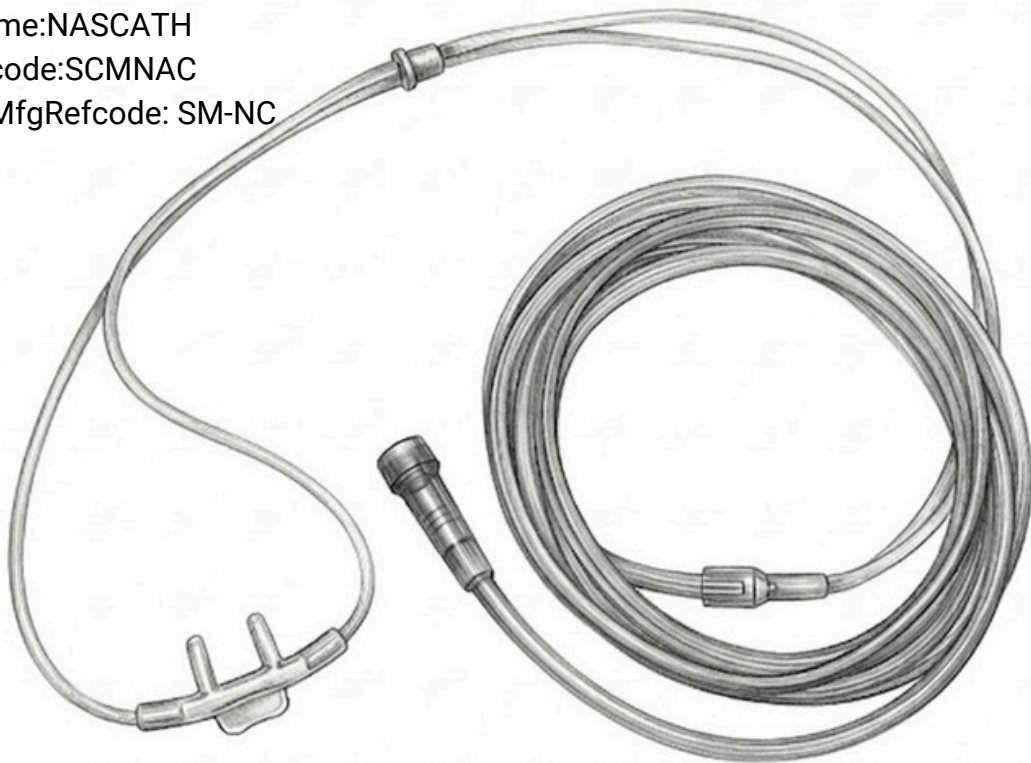
## NASCATH<sup>(TM)</sup>

Generic name: Nasal Cannula / Nasal Oxygen Catheter

Brand name: NASCATH

Product code: SCMNAC

Product MfgRefcode: SM-NC



NASCATH is a lightweight medical device used to deliver supplemental oxygen to patients who are in need of respiratory help.

NASCATH consists of a flexible plastic tube with two small prongs that are inserted into the patient's nostrils. The tubing loops over the ears and is secured under the chin, ensuring comfort and stability during use.

NASCATH is the most common tool for oxygen therapy because it allows you to eat, speak, and drink while receiving treatment.

### Key Benefits

- Improved Comfort: Unlike face masks, NASCATH are lightweight and less restrictive, which helps with patient compliance.
- Daily Functionality: You can maintain activities such as talking and eating.
- Energy & Sleep: Providing adequate oxygen can reduce fatigue, improve sleep quality, and increase your energy for daily tasks.

### Main components:

- Nasal prongs: Soft, curved tips for insertion into nostrils.
- Tubing: Flexible
- Connector: Universal connectors to attach to oxygen source
- Slide adjuster: Helps secure tubing under chin.

## Models: Adult and Paediatric

Model Name/No	Specifications	
	Prongs diameter	Tubing length
Adult	4mm to 6mm	2 meters (approximately 6.5 feet)
Pediatric	3mm to 4mm	1.5 to 2 meters

## Step-by-Step Application

Properlyfitting NASCATH prevents it from slipping and ensures oxygen reaches your lungs efficiently.

- Check the Prongs: The prongs should be curved downward toward your face.
- Insert and Loop: Place the prongs into your nostrils. Loop the tubing up and over each ear, similar to how you would wear glasses.
- Adjust the Fit: Slide the "bolo" (the small plastic adjuster) up under your chin until the tubing is snug but comfortable.
- Test for Flow: If you aren't sure oxygen is flowing, place the prongs in a glass of water; if it bubbles, oxygen is moving through the tube.

## Routine Maintenance & Replacement

BecauseNASCATH are made of plastic,they can develop microscopic cracks that harbor bacteria over time.

- Daily Cleaning: Wipe the nasal prongs and headset tubing daily with a clean, damp cloth and mild dish soap.
- Weekly Wash: Once a week, wash NASCATH in warm soapy water, rinse thoroughly, and let it air dry.
- Replacement Schedule:
  - NASCATH: Replace every 2 to 4 weeks.
  - Supply Tubing: Replace the long connecting tube every 2 to 6 months.
  - After Illness: Replace NASCATH immediately after recovering from a cold or flu to prevent reinfection.

## Managing Comfort and Irritation

Standard oxygentherapy can bypassthebody's natural humidification, leading to dryness.

- Prevent Dryness: Use a water-based lubricant (like Ayr Saline Nasal Gel) or saline spray inside your nostrils.
- Avoid Petroleum: Never use Vaseline or oil-based products, as they are a fire hazard and can degrade the cannula plastic.

- Ear Protection: If the tubing rubs behind your ears, use foam "ear protectors" or wrap a small piece of gauze around the tubing to cushion the skin.
- Humidification: If your flow rate is above 4 L/min, ask your provider about adding a bubble humidifier bottle to your setup to moisten the air.

### Critical Safety Rules

- Stay Clear of Heat: Keep your oxygen at least 5 to 10 feet away from open flames, including gas stoves, candles, and cigarettes.
- No Kinks: Check your tubing regularly for kinks or heavy furniture sitting on it, which can block the oxygen flow.
- Proper Storage: Store extra NASCATH in a well-ventilated area away from direct sunlight to prevent the plastic from becoming brittle or discolored.

### Usage & Safety Tips

Proper handling is essential to ensure effective therapy and safety:

- Correct Placement: Prongs should curve downward into the nostrils. The tubing should loop behind the ears and be secured under the chin with the bolo adjuster.
- Fire Hazards: Oxygen is highly flammable. Never smoke, use open flames (candles, gas stoves), or use petroleum-based lip balms near the device.
- Skin Care: Continuous use can cause skin breakdown behind the ears or nasal dryness. Use water-based lubricants (not petroleum-based) or saline sprays to manage irritation.
- Maintenance: Wash NASCATH prongs weekly with warm, soapy water and replace them every 2 to 4 weeks, or after an illness.