

Guide to Readings:

- **0-5ppm** **Non-smoker**
CO readings are low but can vary due to a number of factors (e.g. second-hand smoke or pollution from exhaust fumes)
- **6-10ppm** **At risk**
Smoker with low level of smoking or who has not smoked for a few hours
- **11-20ppm** **Smoker**
A typical reading for a smoker. The loss of oxygen to the body makes a difference to everyday tasks. Level of CO in your blood will rise for each cigarette smoked and inhaled.
- **21-30ppm** **Regular smoker**
Red blood cells are carrying a lot less oxygen than your body needs; your heart has to work harder with less oxygen to help.
- **31-50ppm** **Very heavy smoker**
High level of CO in your blood resulting in a noticeable shortage of oxygen to your body's organs
- **51ppm or above** **Dangerous level**
Contact your advisor.

**QUIT
YOUR
WAY**
with our
support

NHS
Lothian

CO Monitoring Record Card

Your Quit Date:

...../...../.....

**4 weeks smokefree
follow up date**

**12 weeks smokefree
follow up date**

Name:

Advisor: _____

Phone Number: _____

