



CO MONITORING IN PHARMACIES

You can now order a CO monitor but first please read the information before signing and returning the declaration page on the back.

Carbon Monoxide (CO) is a poisonous gas that is present in cigarette smoke. When inhaled, CO displaces oxygen molecules in the blood causing harmful effects to the body. CO monitors show the amount of CO parts per million (ppm) in the smoker's breath. CO monitors are a powerful supportive tool when supporting patients to stop smoking as it can help motivate the patient to see and feel the health benefits of having low CO readings and helps reaffirm their identity as a non-smoker. The weekly monitoring of CO should be done, where possible, for patients using the smoking cessation service. As soon as 24-48 hours after someone's last cigarette you would expect a CO reading of 5ppm or below. It is possible for a patient with a reading of 6 – 10ppm to not have smoked but this is not seen often.

CO monitoring is advised as per the most recent Varenicline PGD – [Patient Group Direction For The Supply Varenicline Tablets To Patients Aged 18 Years And Over By Approved Community Pharmacists Working Within NHS Grampian, Highland, Orkney, Shetland, Tayside And Western Isles](#)

Smokerlyzer User Manual

<https://www.intermedical.co.uk/wp-content/uploads/2020/07/2910-LAB679-Smokerlyzer-Manual-Issue-4.pdf>

IMPORTANT PLEASE ONLY USE ALCOHOL FREE WIPES WITH MONITOR AND ACCESSORIES

Bedfont Infection Control Guidance

<https://resources.bedfont.com/wp-content/uploads/2024/11/LAB286-ICMG-Issue-18.pdf>

How to use the CO monitor/smokerlyzer

1. Attach a breath sampling D-piece™ and new SteriBreath™ mouthpiece
2. Turn on the monitor by pressing the power button once
3. Press 'breath test' symbol on screen
4. To cancel the breath test, press Home
5. Inhale and hold breath for the pre-set 15 second countdown
6. A beep will sound during the last three seconds of the countdown
7. Blow slowly into mouthpiece, aiming to empty lungs completely.

Cleaning and Routine Maintenance

Please see page 11 of user manual

Ordering Replacement Consumables

These can be ordered from NHSG Resources, if not registered you can do so at <http://www.hpac.durham.gov.uk/HPAC/Search>

They can also be contacted via email GRAM.resources@nhs.scot or call 01224 558504.

- Steribreath Eco Mouthpiece for Bedfont Smokerlyzer box 200
- Bedfont D-Pieces Pack 12
- Wipe Universal Poly Pack CW200 x 200

You need to supply your own replacement batteries.

Returning Faulty Monitors (Via internal mail)

Resources Services NHS Grampian Summerfield House
2 Eday Road
Aberdeen
AB15 6RE

When Monitor is received a replacement will be sent out via internal mail

Old monitors should be disposed of at local council Recycling plants, alternatively we believe that Curry's have a facility.



CARBON MONOXIDE MONITOR DECLARATION PAGE

- All staff agree to take responsibility of the safe care and maintenance of the CO monitor
- All staff are aware how to use the CO monitor correctly
- All staff are aware of where to find the Smokerlyzer user manual
- All staff know where to find the Bedfont Infection Control Guidance
- All staff are aware of safe cleaning techniques
- All staff are aware that alcohol wipes should not be used for cleaning the machine
- All staff know where to order replacement consumables
- All staff are aware what they should do with faulty monitors

PHARMACY NAME AND CONTRACT CODE:

PHARMACY ADDRESS:

NAME OF SIGNING LEAD PHARMACIST/OWNER:

SIGNATURE:

DATE:

PLEASE RETURN TO gram.pharmaceuticalcareservices@nhs.scot