



1

**PRONE**  
Try supporting chest with pillow

# STAY IN EACH POSITION FOR UP TO 2 HOURS. MOVE BETWEEN THE FOUR DIFFERENT POSITIONS SHOWN.

- The clinical team will set a target for your oxygen levels. This will be a range between two numbers that your clinical team has decided is safe for you.
- Stay in each position as long as you can, from 30 minutes to up to 2 hours. Then change position.
- If you are uncomfortable let the team know.
- Some patients whilst lying flat on their fronts find having the bed tilted up by 15-30 degrees (reverse Trendelenburg) more comfortable. Ask the nurses to move the bed into position.



1

LIE ON RIGHT HANDSIDE  
Bed flat



2



## Sit Up

3

Lie on your back. Use the bed controls so your back is 30-60 degrees upright. If you don't know how ask the nurses or doctors. If you feel strong enough sitting out of bed on the chair is even better.



4

LIE ON LEFT HANDSIDE  
Bed flat

**PRONE**

**Lying on your front**

