



How to calculate the duration of your cylinder

The following tables show you how long your cylinder will last based on your flow rate setting. They are based on continuous use and are approximate. Duration with a conserver will vary according to your breathing rate and activity.

Type of cylinder: B10

Flow rate (litres per minute)	Duration <u>without</u> conserver	Duration <u>with</u> conserver
0.5	70 hours 44 mins	
1	35 hours 22 mins	100 hours
1.5	23 hours 34 mins	
2	17 hours 41 mins	50 hours
3	11 hours 47 mins	35 hours
4	8 hours 50 mins	26 hours
6	5 hours 53 mins	17 hours
8	4 hours 25 mins	
15	2 hours 21 mins	

Reordering cylinders

Always reorder as soon as you start your last cylinder and/or at least 3 **working** days before you need a new one. If using a back-up cylinder always ensure it is full.

Call 0800 373580 between 8.00 am and 5.30 pm (Mondays to Fridays).

Type of cylinder: Freedom® 400

Flow rate (litres per minute)	Duration <u>without</u> conserver	Duration <u>with</u> conserver
0.1	71 hours 40 mins	
0.2	35 hours 50 mins	
0.5	14 hours 20 mins	
1	7 hours 10 mins	21 hours
2	3 hours 35 mins	10 hours
3	2 hours 23 mins	7 hours
4	1 hour 47 mins	5 hours
6	1 hour 11 mins	3 hours
8	53 mins	
10	43 mins	
15	28 mins	

Type of cylinder: Freedom® 300

Flow rate (litres per minute)	Duration <u>without</u> conserver	Duration <u>with</u> conserver
0.5	10 hours 16 mins	
1	5 hours 8 mins	15 hours
1.5	3 hours 25 mins	
2	2 hours 34 mins	7 hours
3	1 hour 42 mins	5 hours
4	1 hour 17 mins	3 hours
6	51 mins	2 hours
8	38 mins	1 hours
15	20 mins	