You can help patients and their families understand that capnography provides a fast, excellent method for clinicians to monitor breathing. Here are some details to share with them:

- Medication your patients may be given can make their breathing slow or shallow; the capnography monitor will alert clinicians to subtle changes in breathing. Because patients may be sedated, make sure to also share this information with family and friends who are present.

- Monitor alarms not only alert clinicians; they can also remind your patients to take a few deep breaths if they are awake.

- Routine post-surgical activity, like sipping water or eating ice chips, does not interfere with monitoring.

- Generally, patients will be monitored until a physician believes there is no longer a risk of slow or shallow breathing. This period depends on the type and duration of medication prescribed, as well as patients' response to medication.

**CAPNOGRAPHY PROVIDES A WAY TO MEASURE:**
- Adequacy of ventilation
- CO₂ on every exhaled breath (end-tidal CO₂)
- Respiratory rate
- Capnography waveform
- Trends