

# Guide to Portable Oxygen Concentrators (POCs)

Compiled by



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## Choosing a Portable Oxygen Concentrator

While portable oxygen concentrators (POC) can be more desirable than a tank, it is important to look at all factors to ensure you make the best choice for you.

**There is no single POC that is best for everyone.** There are quite a few things to consider. All of these various considerations can be overwhelming at first.

We have simplified this brochure to share a few factors that are important to most people looking at POCs. A more thorough description of these considerations can be found on our website. Scan the QR code below or go to:

[www.RunningOnAir.org/POCs](http://www.RunningOnAir.org/POCs)



## POCs Require a Prescription

There are both medical grade and non-medical grade POCs. A medical grade POC requires a prescription. **Medical grade POCs supply high concentrations of oxygen, typically 85% and higher on all settings.** In non-medical grade machines, the concentration of the oxygen may not be much more than the air we breathe normally (21%). Since these oxygen machines aren't regulated, there is no assurance of the percentage of oxygen you are receiving.

## Liters versus Milliliters

Doctors typically write oxygen prescriptions in liters per minute (lpm). POCs typically display oxygen output in milliliters per minute. This can be confusing. There are 1000 milliliters in a liter. If your prescription is 2 lpm then the milliliter equivalent is 2000. **Our chart converts the milliliters to liters so it's easier to match with your oxygen prescription.**

## Settings Are NOT Liters

**The most important thing to know is that the settings, or levels, on POCs are not the same as liters per minute (lpm). The more settings a POC has does not necessarily mean it gives you more oxygen.**

**It is also important to note that the settings are not the same between POCs.** Setting 3 on one POC might deliver half the oxygen of another POC on setting 3. **Refer to the chart on the back to see the maximum lpm for the listed POCs.**

## Intermittent versus Continuous Flow

Oxygen is delivered by two methods: intermittent and continuous. **Intermittent (or pulse) flow means oxygen is only delivered when it detects you are taking in a breath. Continuous flow means the oxygen is flowing all the time, whether you are breathing in or out.**

## Weight

Most people want the lightest weight POC, however, **the lighter the POC, the less oxygen it delivers typically. To keep the weight under 10 pounds, these POCs are mostly pulse/intermittent delivery only, and deliver 1.5 lpm or less.** POCs that provide 2 lpm start at 10 pounds. **The chart on the back is listed by weight, lightest to heaviest.**

## Flying With Oxygen

You can't bring a tank on a plane, and you can only use a POC that is FAA approved. **All the POCs listed on our chart are FAA approved.**

## Other Considerations

Along with more in-depth information about:

- Liters per Minute (lpm)
- Flow type
- Weight

Visit our website



[www.RunningOnAir.org/POCs](http://www.RunningOnAir.org/POCs) to learn about:

- Battery Type
- Battery Life
- Battery Recharge Time
- Decibel Levels
- Changing Sieves
- Pulse Delivery Type
- Questions to ask when purchasing POC

## Use our chart to compare POCs

The chart on the other side is provided for informational purposes only and does not indicate an endorsement of any product listed. It is also not medical advice. The purpose is to help patients understand POCs better and to be aware of the many considerations in choosing a POC. This data is compiled mostly from the manufacturers' websites and has not been independently verified. The pulse delivery type is from the *Pulmonary Paper*. If a data point is blank it is because we could not reliably find that information.

Brand or Manufacturer	Portable Oxygen Concentrators (POC)	Weight in Pounds <sup>1</sup>	LITERS PER MINUTE (lpm) ON HIGHEST SETTING										External Battery Only	Battery Life in Hours <sup>1</sup>	Decibels	Pulse Delivery Type	Customer Replace Sieve	Charge Time in Hours <sup>1</sup>	Pulse Settings/ Levels	Oxygen Purity
			0.5	1	1.5	2	2.5	3												
Inogen	G4 (same as Fit)	2.8/3.3	0.63 lpm									✓	2.7*/5*	40**	Minute	✓	3/5	1-3	90-95%	
OxyGo	Fit (same as G4)	2.8/3.3	0.63 lpm									✓	2.7*/5*	40**	Minute	✓	3/5	1-3	90-95%	
Bellescura	XPLO <sub>2</sub> R	3.75	0.75 lpm									✓	<=4.5*	<39**	Minute	✓	<=6	1-3	82-92%	
3B Medical	Aer X	4.25	1 lpm									✓	4**	40	Fixed	✓	3	1-5	87-94%	
Arya	AirTivo (same as P2)	4.37	1 lpm									✓	<2 Level 5	49**	Minute	No	4	1-5	87-96%	
Rhythm	P2 (same as AirTivo)	4.37	1 lpm									✓	<2 Level 5	49**	Minute	No	4	1-5	87-96%	
Arya	AirTivo Max (same as P2-E6)	4.37	1.20 lpm									✓	1.7 Level 6	49**	Minute	No	4	1-6	87-96%	
Rhythm	P2-E6 (same as AirTivoMax)	4.37	1.20 lpm									✓	1.7 Level 6	49**	Minute	No	4	1-6	87-96%	
Rhythm	P2-E7 (coming soon)	4.37	1.4 lpm									✓	1.2 Level 7	49**	Minute	No	4	1-7	87-96%	
O2 Concepts	OxLife Freedom	4.53/5.88	0.8 lpm									✓	4*/8*	46	Both	No	2	1-5	87-95%	
Inogen	G5 (same as NEXT)	4.75/5.7	1.26 lpm									✓	6.5*/13*	38**	Minute	✓	3/6	1-6	90-93%	
OxyGo	NEXT (same as G5)	4.75/5.7	1.26 lpm									✓	6.5*/13*	38**	Minute	✓	3/6	1-6	90-93%	
Arya	Arya (same as FreeStyle Comfort)	5/6	1.05 lpm									✓	8*/16*	39.9**	Minute	No	3.5/6	1-5	87-95.5%	
Caire	FreeStyle Comfort (same as Arya)	5/6	1.05 lpm									✓	8*/16*	39.9**	Minute	No	3.5/6	1-5	87-95.5%	
Invacare	Platinum	5	1 lpm									✓	5*	40**	Minute	No	2.33	1-5	87-95.6%	
Precision Medical	EasyPulse 3	5	0.52 lpm									No <sup>2</sup>	3***	42**	Minute	No		1-3	87-95%	
Precision Medical	Live Active 5	5	1 lpm									✓	6*	<40**	Minute	✓		1-5	87-95%	
Philips	SimplyGo Mini	5/6	1.05 lpm									✓	4.5*/9*	43**	Both	No	4/8	1-5	87-96%	
Arya	Arya P5 (same as Zen-O Lite)	5.5	1.05 lpm									✓	4.5**	37**	Both	✓		1-10	87-96%	
GCE	Zen-O Lite (same as Arya P5)	5.5	1.05 lpm									✓	4.5**	37**	Both	✓		1-10	87-96%	
ResMed	Mobi	5.5	0.68 lpm									No <sup>2</sup>	3.8***	38**	Minute	No	3.6-6.1	1-4	87-96%	
DeVilbiss	iGo2	6	1.01 lpm									✓	3.5**	<37**	Minute	No		1-5	87-94%	
O2 Concepts	OxLife Liberty	6.35	1.5 lpm									✓	4.5	40**	Both		2.5	1-9	87-95%	
			1.5 lpm																	1-5
Invacare	XPO2	6.4	0.84 lpm									✓	2.5**	42.7**	Minute	No	4	1-5	87-95.6%	
Precision Medical	EasyPulse 5	7	0.78 lpm									No <sup>2</sup>	1.6 Level 5	40.6**	Minute	No		1-5	87-95%	
Philips	SimplyGo	10	2 lpm								✓	3**	<=43**	Both	No	2-3	1-6	86-97%		
			2 lpm									0.9 @ 2 lpm					1-4			
GCE	Zen-O	10.25	2 lpm								✓	4*/8*	38	Both	No		1-6	87-96%		
			2 lpm										42				1-4			
Precision Medical	EasyPulse TOC	11.4	0.78 lpm								✓	3.3*	42**	Minute	No	<=4	1-5	87-95%		
			2 lpm																5*	
O2 Concepts	OxLife Independence	16.7	3 lpm								✓	5.75**	56 @ 3 lpm	Fixed	No	2.5	1-6	87-95%		
			3 lpm																2.5 @ 2 lpm	
Claire	SeQual Eclipse 5	18.4	3 lpm								✓	5.4**	40***	Fixed	No	1.8	1-9	87-95.5%		
			3 lpm										2 @ 2 lpm				48 @ 3 lpm		1-6	

 Intermittent/Pulse  
 Continuous

<sup>1</sup> If two numbers are present the first number is for a single battery, separated by “/”, then the data of the double battery.  
<sup>2</sup> While the battery can't be changed, additional batteries can be purchased that plug into the POC to prolong use.  
 \*/\*\*/\*\* These represent the POC operation at a particular setting (\* is setting 1, \*\* is setting 2, \*\*\* is setting 3)

- A. The above POCs are sorted by weight, since that tends to be the first thing patients want to know.
- B. The information in this chart was updated April 20, 2023. After this date other POCs may be on the market that aren't listed here. Visit our website for our latest update: [www.RunningOnAir.org/POCs](http://www.RunningOnAir.org/POCs)
- C. This list is provided for informational purposes only and does not indicate an endorsement of any product listed.
- D. POCs that provide both pulse and continuous are listed across 2 rows. The top row shows data for the pulse and the bottom row shows data for continuous flow.  
 If the data is centered between the two rows then it applies to both pulse and continuous flows.



Running On Air is a 501(c)(3) charitable organization of volunteers whose mission is to help others breathe more easily.