

Prone (Stomach) Positioning

What is prone positioning?

To help you recover from COVID-19 (coronavirus), your healthcare providers recommend that you rest in a prone position.

Prone positioning means to lie on your stomach. You can also lie on your sides or rest in an upright, sitting position. Spend as little time as possible lying on your back.

What are the benefits of prone positioning?

When lying prone, there is less body weight pushing on your lungs. During times of respiratory illness, this can help you:

- Breathe easier.
- Get more oxygen into your body.
- Lower your risk of lung injury and complications.

When do I start prone positioning?

Prone positioning will start during your hospital stay (if you were admitted). Continue with the positioning at home until you are fully recovered.

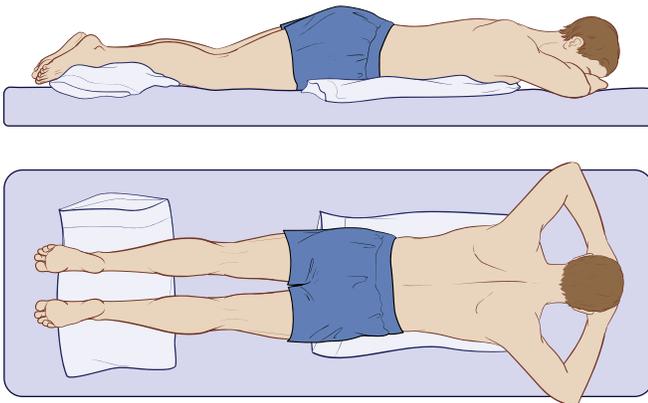
How do I position myself?

Start by lying on your stomach. Use pillows, rolled towels, or other cushioning to make yourself more comfortable or to lessen pressure against hard surfaces. After 1 to 2 hours, change positions. Change positions in this order:

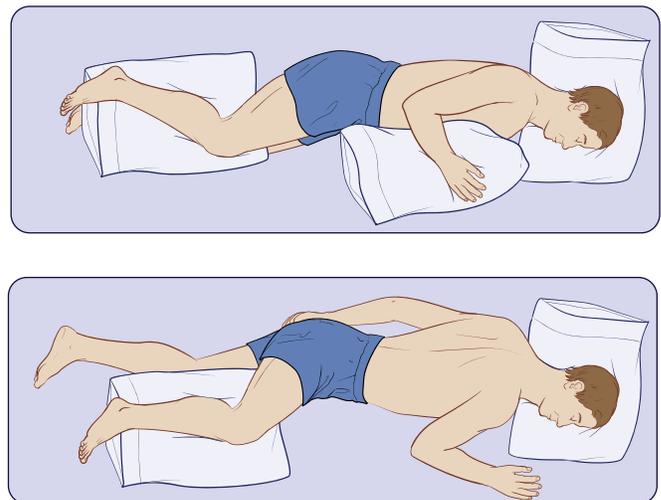
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| 1 Lying on your stomach. | 3 Sitting completely upright |
| 2 Lying on your right side. | 4 Lying on your left side. |

You'll then move back to your stomach and repeat the cycle. Before moving to your stomach, avoid eating or drinking for 30 minutes.

Lying on your stomach



Lying on your side



If you were provided with an oximeter (a device that measures oxygen levels in your blood), watch your levels for 15 minutes after changing positions. Make sure the levels stay above the number recommended by your care team (usually 90%).

How do I prevent pressure ulcers?

A pressure ulcer is a sore caused by lying or sitting too long in the same position. They occur most often where your bones are close to the surface of the skin like your heels, ankles, knees, hips, back, elbows, ears, and head.

Changing positions often as well as using pillows or cushioning will help protect your skin.

If you're wearing an oxygen device, be mindful of the skin on your face and ears. Lying on an oxygen hose or cannula for long periods can also cause sores. Be sure to turn your head often. You can also place a cloth between your skin and the oxygen device.

Contact your healthcare provider if bruising or sores begin to form.

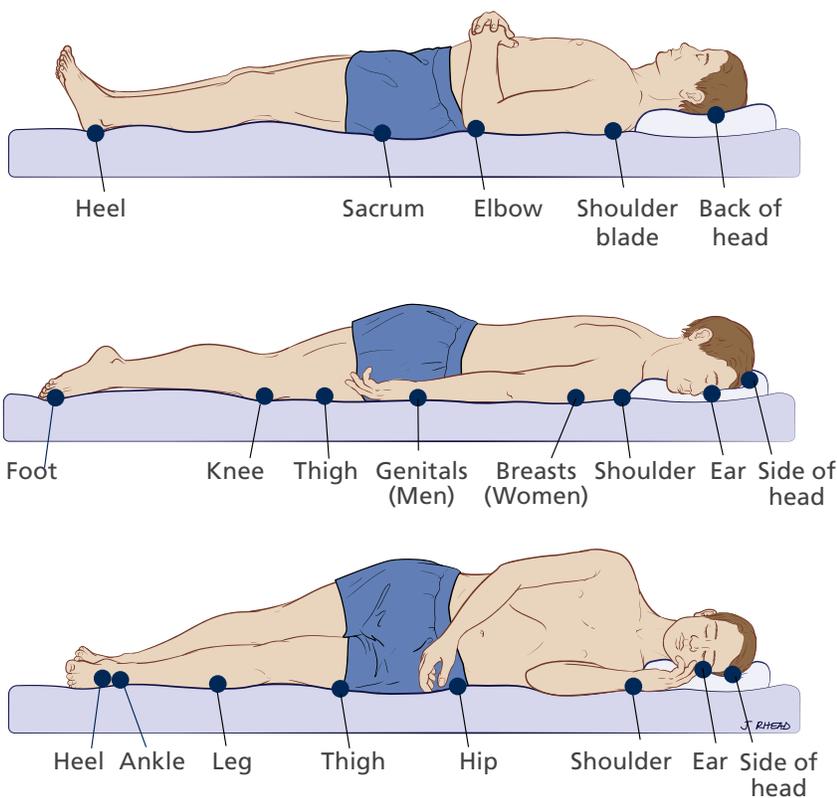
When should I call my doctor?

STOP stomach lying if you experience any of the following symptoms:

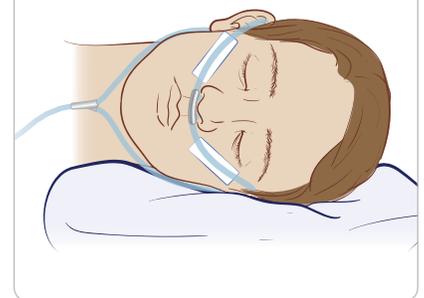
- Chest pain
- Nausea
- Worsening of breathing
- Numbness or tingling in your arms or legs
- Visual changes or dizziness
- New pains that don't go away after you change position

Call your provider if the symptoms don't get better shortly after returning to a different position.

Common areas for pressure ulcers



Turn your head often while wearing an oxygen device to avoid sores.



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