

SpO2 stands for peripheral capillary [oxygen saturation](#). It is a measure of the oxygen saturation level in the blood and is usually expressed as a percentage. The measurement is typically obtained using a [pulse oximeter](#), which is a non-invasive [medical device](#) that clips onto a finger or other part of the body and uses light to measure the amount of [oxygen](#) in the blood. A normal SpO2 reading is typically between 95% and 100%, and values below 90% may indicate a need for medical attention, as low [oxygen saturation](#) levels can lead to serious health problems.

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