

## Hospital Appointments and Covid

If you, or someone that you live with have either suspected or confirmed Covid-19, please **do not** attend for your appointment.

If you have been contacted by the track and trace service, please **do not** attend for your appointment.

Please contact the department and arrangements can be made for another appointment.

### Do's and Don'ts'

We kindly ask that you



#### Do

- Take all medication as usual
- Go to bed, to sleep, when you start to feel tired
- Follow your usual bed time routine
- Tell anyone that may wake you in the night (for example nudge you because you are snoring) to NOT disturb you on the night of the test.

#### Don't



- Drink alcohol or take street drugs
- Sleep in a strange or unfamiliar environment
- Take sleeping tablets (unless part of your usual medication prescribed by a doctor)
- Sleep on the sofa or in the spare bed if this is NOT your usual sleeping place
- Wait until you fall asleep before you go to bed – go to bed when you start to feel tired

**Please cancel your appointment on the number below:**

- If you are unable to have a normal night sleep for you on the scheduled date
- If you are unable to return the equipment
- If you are unwell, or taking antibiotics for an infection
- If you no longer want the test

**Respiratory Physiology Team: 01874 712457**

**If you have any questions or concerns about the test please do not hesitate to contact us.**



## **OVERNIGHT OXIMETRY TESTING**

### **(SLEEP TEST)**



#### **An information leaflet for patients and their carers**

This leaflet has been designed for you to be well prepared for your test.

If you have any questions after reading then please do not hesitate to contact us on the numbers below.

**Contact Details: Respiratory Physiology**

**07500 910413**

**01874 712457**

## What is an overnight oximetry test?

Overnight oximetry (or a sleep test) is used to determine how well you breathe when you are asleep.

In adults, it is normal to stop breathing about 5 times an hour when you are asleep. This test will tell us how often you stop breathing whilst you are asleep.

### **Why do I need an overnight oximetry test?**

Your healthcare professional may have arranged this appointment because you, or someone close to you, has noticed you stop breathing whilst you are asleep or that you are very tired in the day.

The test can also be used to check a person's oxygen levels when they are asleep if they have something that is likely to affect them, including medication or a lung problem.

### **Do I need to attend the hospital for my appointment?**

If you have been sent this leaflet with a machine, your appointment is going to be virtual. On the agreed date, at the agreed time, you will contact the respiratory physiologist online using Attend Anywhere who will explain how to use this equipment. The link for this will be sent in advance of your appointment, either via text or e-mail, whichever you have chosen. PLEASE DO NOT USE YOUR EQUIPMENT PRIOR TO THIS APPOINTMENT.

This is similar to Skype but it's a secure way to have a video call with a healthcare professional. Instructions are included in this pack detailing how to use Attend Anywhere. If you are not online at the scheduled appointment time, the healthcare professional will try to ring you.

## During the test

You will do the sleep test at home in your normal bed. Patients do not sleep very well in hospital and this means the test isn't very good at telling us how you usually breathe at home. We ask you to do the test for 2 nights.

It is very important that you keep everything as normal as possible for the 2 nights. This includes taking all medication as normal and sleeping in the usual bed.

Please do not drink alcohol or take street drugs on the night of testing. This will alter the results. If you are unable to abstain from alcohol for the 2 nights of testing, please contact your GP or ring DAN 24/7 on 0808 8082234 who can arrange help to overcome alcohol addiction.

## What will I have to do?

- Get ready for bed as usual, including taking all NORMAL medication.
- Take the device out of the bag. There are 2 parts, but they should be connected when you remove it from the bag. If they have become disconnected, please GENTLY push the end of the wire back into the top of the wrist part as marked below:



- Place your hand through the wrist strap and secure in place by tightening the buckle. Do not overtighten, the device only needs to be held

steady by the strap. Use your non-dominant hand for the test (ie. if you are left handed, place the device on your right hand and vice versa). Place 2 pieces of medical tape (if you are not allergic) to secure the strap as indicated below. Do not wrap tape completely around the thumb. This will reduce blood flow.



- Push and hold the power on button for 1 second and the screen should light up, and go through a set up procedure.
- Once the screen has numbers on as shown below (the numbers are likely to be different from those in the diagram, the device is recording). Go to bed and go to sleep. The screen will go dark – the device is still recording.



- If you get up in the night (ie. drink, toilet etc), but you know that you will get back into bed, please leave the device running. Do not get it wet particularly if you are washing your hands. Return to bed and continue sleeping.
- In the morning, when you get up for the day, take the device off. The device will automatically turn itself off after 2 minutes.
- Do the test for 2 nights.
- On the morning, after the 2<sup>nd</sup> night please put the oximeter, sleep diary and questionnaire all in to the SAE and return it back to the hospital.