



PATIENT INFORMATION PACKAGE

Arrival time

We ask that you arrive between 7:00pm – 7:30pm on the day of your appointment. You will be woken up at approximately 5:30am - 6:00 am on the following morning. Please inform our staff if you need to leave earlier than this.

Important Preparation

Please wash your hair on the day of the study.

DO NOT USE

Hair oils, conditioner, hair-spray, gels, wear makeup or nail polish to the study.

MEN - The quality of the recording is improved if you shave before the study

(but.. if you have a beard or moustache, do not feel it is essential to shave them off).

Cost

Please call us on (02) 4227 2516 so we can explain the costs associated with your sleep study.

What to bring with you

- **Suitable clothing for sleeping** – this may be pyjamas, a comfortable shirt and pants, etc. You must wear clothes to bed at the sleep laboratory.
- **Referral from your GP or Specialist**
- **Medicare card or DVA card.**
- Your **completed patient questionnaire** (sent to you in the mail. If your appointment is within 4 days please bring with you on day of appointment, otherwise please return to **Respiratory & Sleep Medicine Practice 397 Crown Street Wollongong 2500** prior to appointment).
- Your usual **MEDICATIONS including INSULIN for Diabetics** (none can be supplied by our staff)
- **Alcohol:** If you normally use alcohol to help you sleep please contact us on (02) 4227 2516 for more information.
- **Anything that may help you sleep**, such as your usual pillow
- **Toiletries.**
- **Your own CPAP mask** if you are attending for a follow-up CPAP review study.
- **If you are a diabetic**, please bring your own food and snacks.

We wish to advise you that all electronic devices and lighting will be asked to be switched off at a reasonable hour (10:00pm – 10:30pm).



labelling, rescheduling and confirming appointments

If you need to cancel or reschedule your appointment for any reason, please phone our reception on (02) 4227 2516 as soon as possible so that another patient may be booked in your place.

Special arrangements are made for your sleep study. We require a minimum of 24 hour notice if you need to cancel your study for any reason. You must also telephone to confirm your appointment at least 2 working days prior to the date of your study.

Further details on re-scheduling and confirming appointments are contained in your appointment letter.

Sleep Study Results

A formal sleep study report will be forwarded to your referring doctor, usually within 1-2 weeks. Please note that the sleep laboratory staff will not give you the results of your study. You will be contacted by our staff to schedule an appointment with the Consultant Respiratory & Sleep Physician to explain the results. Your referring doctor will be furnished with a comprehensive report and any further treatment plan should one be required.

CPAP reassessment studies

Patients currently using CPAP who attend for reassessment of pressure should NOT cease using CPAP before the study. Bring your CPAP mask so it can be checked.

If you are having a study to determine if CPAP therapy can be withdrawn, please do not use your CPAP machine for the 3 nights leading up to your study

If you have any questions or concerns about your reassessment study, please telephone our staff.

Please note: We do not provide meals, however tea, coffee and biscuits are provided.

Thank you.