

INSTRUCTIONS FOR OVERNIGHT SLEEP APNEA TESTING IN MARTINEZ

Your doctor has sent an order to the Sleep Apnea Clinic at Kaiser Permanente in Martinez for you to have an overnight sleep study. This appointment is in a classroom setting and will last about 45 minutes.

During the appointment, a Respiratory Therapist will give you information about sleep apnea and teach you how to use the sleep study equipment. You will take the equipment home and use it for one night.

Appointment Date: _____ Time: _____ Location: 200 Muir Rd., Alhambra Building,
Martinez, CA 94553

Important Equipment Information:

The test equipment must be returned by **9:00 a.m. the next business day.**

If you are not able to return equipment by the next business day, please call **925-372-1106** to reschedule your appointment.

Test Preparation Information:

- 1) The sleep study is performed with portable test equipment that is attached to your non-dominant hand. ***The index and ring fingers of that hand must have nails cut short and be without nail polish or artificial nails.***
- 2) On the day of the test, avoid excessive intake of alcohol, coffee, colas and other caffeinated items that may affect your sleep. You may take all other medications as usual.
- 3) During your group appointment you will be shown how to put the equipment on. The device will monitor the effects of sleep disordered breathing.

Pre-Test Information:

We want to make sure you have a successful overnight sleep apnea test. Please call us at 925-372-1106 if you answer yes to any of the following questions:

- 1) Are you currently taking Terazosin (Hytrin) or Nitroglycerin?
- 2) Do you need an interpreter?
- 3) Are you vision or hearing impaired?

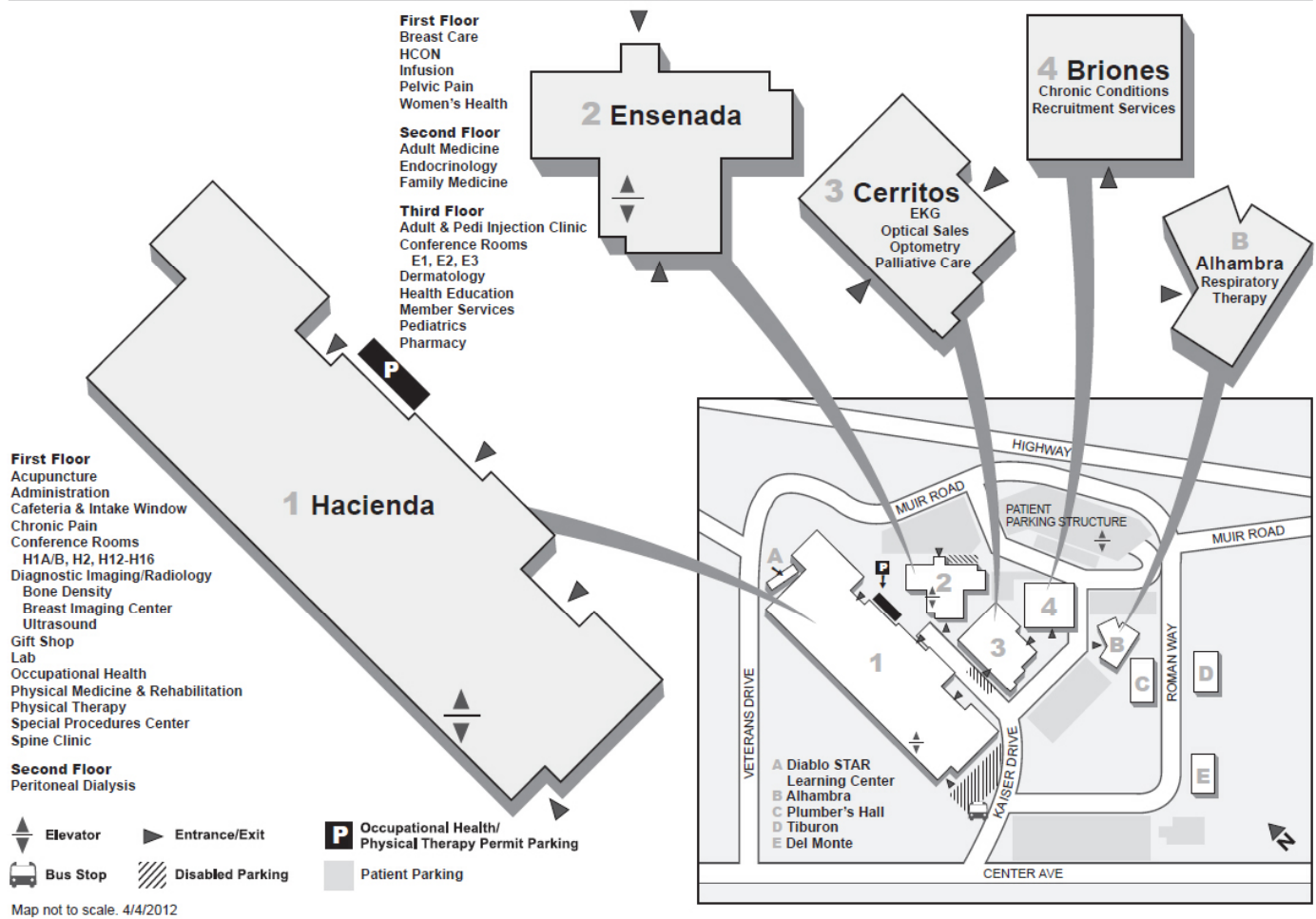
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Registration Information:

The Sleep Apnea Clinic is located in the **Respiratory Care Department at 200 Muir Rd., Alhambra Building (noted as "B" on the map below), Martinez, CA 94553.**

- 1) Please register 15 minutes before your appointment time.
- 2) This is a group session and we may have to cancel and make another appointment if you are late.
- 3) A co-payment may be due at registration, depending upon your Kaiser Permanente health plan coverage. You may pay by credit card, personal check, cash or you may use your ATM/debit card.

Martinez Way Finding



We believe that as a Kaiser Permanente member, you deserve the very best quality healthcare that science can provide and a commitment from the professionals who deliver that care to do so with passion, skill, empathy and service second to none.

Our Registration and Respiratory Care staff look forward to meeting you. If you have any questions regarding this first step in your Journey to a Better Sleep please call us at 925-372-1106.