



NIGHTTIME HOME RESPIRATORY POLYGRAPHY HÔPITAL, CLSC ET CENTRE D'HÉBERGEMENT D'ASBESTOS DE VAL-DES-SOURCES

Your family doctor has asked you to take a polygraphy test. This test is done at home, while you sleep, and helps to determine whether you have sleep apnea.

REQUIRED EQUIPMENT AND MATERIALS

- Elastic chest beld
- Nasal cannula
- Data recorder
- Saturation sensor
- Surgical tape

WHEN TO SET UP THE DEVICE?

Set up the device right before switching off the lights and going to bed.

SETTING UP THE DEVICE AND PERFORMING THE TEST

1. Wear a T-shirt, undershirt or tank top.
2. Connect the elastic chest belt to one side of the device. Pull the strap around your body, positioning it beneath the armpits and above the chest. Connect the other side of the strap to the other side of the device.

The device turns on automatically and starts recording data when both sides of the elastic chest belt are inserted into the device. Please note that the button on the front side of the device is purely decorative and serves no other purpose.



3. Screw the nasal cannula sensor to the metal port on the device.



4. Place the nasal cannula in your nostrils (the curve on the nasal cannula must face you). Wrap the tube around the ears and place it under the chin. Fasten the nasal cannula to your cheeks with surgical tape.



5. Place the saturation sensor on your index finger. Roll the saturation sensor cable around your thumb and fasten it by applying surgical tape on the top of your hand and around your wrist to immobilize the device.



6. Keep your usual sleep habits when taking the test (e.g., sleeping on the couch, sleeping in bed, sleeping on your side or on your back, taking medications, etc.). You can go to the bathroom at any time, but go back to sleep once you are done.

You must continuously wear the sensors overnight.

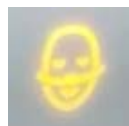
MEANING OF DEVICE PICTOGRAMS

If a yellow light turns on during the test, that means something has moved.
Depending on which pictogram lights up, replace:

- the elastic chest belt



- the nasal cannula sensor or the metal port on the device



- the saturation sensor



- When all the lights are green, the device is working properly and the data is being recorded.



- These lights will later turn off to avoid disturbing you at night.



THE NEXT MORNING

1. Remove the surgical tape on your hand and face, and discard it.
2. Remove the nasal cannula.
3. Remove the saturation sensor from your index finger.
4. Disconnect the elastic chest belt from the device. The device will turn off automatically.
5. Complete the various forms included with the device.
6. Insert the device, parts and completed forms in the transport box.

WHERE AND WHEN TO RETURN THE EQUIPMENT

You must return the carrying case with all the equipment by 11:30 a.m. the next morning at the respiratory therapy department (room 1E 2439), Hôpital, CLSC et centre d'hébergement d'Asbestos de Val-des-Sources (475, 3^e Avenue, Val-des-Sources).

GETTING YOUR TEST RESULTS

Contact your prescriber (family doctor) to make an appointment to get your results.

DO YOU HAVE ANY QUESTIONS?



Watch our video clip to prepare and familiarize yourself with the different instructions: bit.ly/polynightciussse



Contact the respiratory therapist at 819-879-7158, ext. 39454, press 3.
Monday to Friday from 8:00 a.m. to 4:00 p.m.

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Approval

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Revision and layout

Service des communications

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