



POLYSOMNOGRAPHY

Your physician has prescribed a **polysomnography** test (sleep study). This test will take place overnight at the hospital. It is used to identify respiratory problems during sleep such as obstructive sleep apnea (brief airflow cessation during sleep).

These breathing pauses – called apneas or apnea events – last for 10 to 30 seconds, sometimes longer. Those with obstructive sleep apnea can stop breathing dozens or hundreds of times every night, which prevents them from getting the restorative sleep they need to remain healthy and thereby adversely affects their quality of life. Fortunately, there are effective treatments for obstructive sleep apnea.

PREPARATION

On the day of the test:

- Avoid coffee.
- Avoid drinking alcohol in the evening.
- Have a shower or a bath at home (do not apply any body lotion or face cream).
- Make sure all facial stubble that can prevent electrodes from adhering is shaved. However, if you already have a full beard, you don't have to shave it off.

CONFIRMING/CANCELLING A TEST

If you need to cancel your test, please contact us as soon as possible at:

- 819 346-1110, ext. 21315
(from 7:30 a.m. to 3:30 p.m.)
- 819-346-1110, ext. 12244 (after 3:30 p.m.)

Warning: You must confirm your presence at the test by calling us at one of the above numbers. An unmotivated absence from the test will result in your name being put back on the waiting list. (Please note that it can take months before you get another appointment.)

ITEMS TO BRING TO THE HOSPITAL

- Your medical insurance card, hospital card, and a list of all of your medications.
**If you do not have a hospital card, allow for 15 minutes to have one made at the admitting department.*
- The medications you take at bedtime and upon rising.
- The mask with the part that connects it to the tubing (if you have a CPAP or a BIPAP).
- Toiletries: toothpaste, toothbrush, etc. (N.B.: The institution does not supply any products.)
- A snack if you are diabetic.
- Your overnight garments (pyjamas or t-shirt and boxer shorts). They are obligatory. You cannot sleep naked.
- Your pillow.
- Reading materials (as needed) and any item required for your normal sleep routine: ear plugs, face mask, etc.
- Tablet and cell phone use is to be avoided as using a screen could void your test. If you absolutely must use a screen, activate your device's blue light filter.

THE DAY OF THE TEST

- Go to the Hôpital Fleurimont: 3001, 12^e Avenue Nord, Sherbrooke, J1H 5N4.
 - Use the main entrance
 - Go to the 4th floor and follow the signs to reach the **Laboratoire de médecine du sommeil**.
 - Go to the waiting room number 3.
 - Take a questionnaire from the pigeonhole located in the column in waiting room 3.
 - Complete the questionnaire.
 - A team member will come to get you.
- You will be given a private room for the night and will have access to a bathroom.
*If you live more than 50 km from the hospital and need to rent a hotel room for the person accompanying you, a camp bed can be provided for him/her on request. The person accompanying you cannot sleep in the same room as you unless you have a specific condition. If that is the case, mention it when scheduling your appointment so that an agreement can be reached with the staff on duty.
- You need to get ready to go to bed (put on your pyjamas, etc.) within a limited amount of time as other users are also waiting to be connected by the respiratory therapist.
- Many electrodes will be placed on your body, especially on your head. Hypo-allergenic surgical tape will keep them in place. There will be no needles. Wires will be connected to a computerized device that will record physiological data relating to your sleep quality. You will be able to move in bed.
- The respiratory therapist will monitor your room via camera and remain in the adjacent room overnight. You can call her over the intercom when needed.
- We will wake you up at around 5:45 a.m. the following morning.
- Be aware that, in the morning, your hair will be covered with patches of adhesive. Bring a hat to cover your head or plan on taking the time to clean your hair with a washcloth (showering not possible).

IMPORTANT: Please arrive on time for your exam. Otherwise, we might have to reschedule your appointment due to the time required to set up for the test.

GETTING THE TEST RESULTS

Your test results will be available 6 to 8 weeks after your appointment. They will be delivered directly to the prescribing physician (family doctor or medical expert). You must contact him to schedule an appointment to obtain your test results.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/imaging



Info-Santé 811
OR
Speak to your prescriber.

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