




NIGHTTIME HOME OXYGEN-SATURATION MONITORING

Your family doctor, ear, nose and throat specialist or pediatrician has asked you to monitor your oxygen saturation. This test is done at home, while you sleep, and measures the level of oxygen in your blood and your heart rate.

REQUIRED EQUIPMENT AND MATERIALS

- Log sheet
- Saturation monitor
- Saturation sensor
- Coban™


SETTING UP THE SATURATION MONITOR AND PERFORMING THE TEST

1. Turn the saturation monitor on by pressing the button. → 
2. Connect the sensor to the saturation monitor.
3. Place the sensor on the index finger. The red light must be over the fingernail.
* In the case of young children, place the sensor on the big toe.
4. Check to see if the sensor has been properly installed by pressing the NEXT button on the saturation monitor. The oxygen level, heart rate, and perfusion index are displayed. If this data is not available, reposition the sensor on your index finger.
5. Secure the sensor cable by wrapping the Coban™ around the wrist. It is important not to wrap the Coban™ too tightly to cut preventing cutting off blood circulation.
* If the sensor is placed on the big toe, two pieces of Coban™ can be used: one around the foot and the other around the calf. It is also possible to put on a sock and install the Coban™ around the calf.



s

The next morning

6. Turn the saturation monitor off by pressing the button. → 
7. Remove the Coban™ and dispose of it in the trash.
8. Remove the sensor from the index finger.
9. Complete the log sheet by indicating the **START TIME** (bedtime), **END TIME** (wake-up time), and any events that occurred during the sleep period that might be relevant for data analysis (waking up during the night, oxygen, wearing a sleep-apnea device, etc.).
10. Put everything, including the log sheet, back in the shipping box.

If you need to install the saturation monitor on your child, you can wait until he or she is asleep.

WHERE AND WHEN TO RETURN THE EQUIPMENT?

- You must return the shipping box with all the equipment and materials the next morning to the Brome-Missisquoi-Perkins Hospital at 950 Principale Street, Cowansville.

GETTING YOUR TEST RESULTS

- You need to contact the professional who ordered your test (family doctor, ENT specialist, pediatrician) 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/oxygen-saturation

Author

Respiratory-therapy team

Approval

Anne Castilloux, Department Head, Inhalothérapie et électrophysiologie médicale

Revision and Layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

© Centre intégré universitaire de santé et de services sociaux
de l'Estrie – Centre hospitalier universitaire de Sherbrooke, 2020

santeestrie.qc.ca

October 2020 – 4-6-10470 (French version) | 4-6-10471 (English version)