



PEDIATRIC POLYSOMNOGRAPHY

Your family doctor or pediatrician has prescribed a polysomnography test for your child. This test is performed overnight at the hospital and is used to identify respiratory problems when sleeping such as sleep apnea (brief airflow cessation while sleeping).

PREPARATION

Before the test, your child must:

- have a bath or shower at home (do not apply any moisturizing cream);
- **obligatorily** wear comfortable night attire: **2-piece pyjama set** or a T-shirt and boxer shorts. It is prohibited to wear a one-piece pyjama or a gown. Night clothing must be zipper free.

ITEMS TO BRING TO THE HOSPITAL FOR THE TEST

- The medical insurance card, hospital card*, and a list of all of your child's medications.
*If you do not have a hospital card, allow for 15 minutes to have one made at the admitting department.
- The medications your child takes at bedtime and at wake-up time;
- The mask with the part that connects it to the tubing (if your child has a CPAP or a BIPAP);
- Toilet products for both you and your child: toothpaste, toothbrush, diapers, sanitary pads, facial tissues, etc. (The institution shall does not provide any products.);
- Baby bottles, milk, and snacks (bring a freezer bag or an ice pack to keep the milk fresh);
- A teddy bear, blanket, books, magazines, etc. (as needed).
- Two pillows - yours and your child's.

CONFIRMING/CANCELLING A TEST

If your child is sick or you believe that his health status could disrupt his sleep pattern, please notify the administrative officer by dialling:

- 819-346-1110, ext. 21315
(from 8:00 a.m. to 3:30 p.m.)
- 819-346-1110, ext. 12819 (after 3:30 p.m.)

If the test needs to be postponed due to your child's health status, he will be given a new appointment without being put back on the waiting list.

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 child's name being put back on the waiting list. (Please note that it can take months before you get another appointment.)

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 elevators and turn left on the same floor towards the Clinical Research Centre (CRC).
 - You will walk along a long corridor. At the intersection, turn left towards the CRC. Go through the 2 large magnetic doors, walk down a windowed corridor, and then go through another pair of magnetic doors.
 - Stay to the right and go to the waiting room directly in front of you. The respiratory therapist will come and get you.
- You will be given a room where your child can settle. Your child will sleep in a bed. You can sleep in the same room as him, on a small bed. There is a bathroom nearby.
- You must prepare your child for bedtime: putting on pyjamas, going to the bathroom, etc.
- Many electrodes will be fastened to your child's body, especially on his head. Hypo-allergenic surgical tape will be used. There will be no needles. Wires will be connected to a device that will record on a computer your child's physiological data in relating to his sleep quality. Your child will be able to move in the bed.
- The respiratory therapist will monitor the room. She will be present throughout the night in the room next to your child's.
- If you yourself use a CPAP at night, bring it with you to avoid waking up your child while snoring.
- We will wake your child up at around 5:30 a.m. the following morning. Plan to leave no later than between 6:00 a.m. and 6:15 a.m.
- Please note that there is paid parking.

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 child's test results will be available 6 to 8 weeks later and will be given directly to the prescriber (family doctor, pediatrician). You must contact your child's prescriber to schedule an appointment to obtain the results.

Authors

Sleep medicine laboratory team

Approval

Louise Guertin, respiratory therapy department head

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

June 2021 – 4-6-10568 (French version) | 4-6-10569 (English version)