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## Overnight Oximetry – Sleep Study

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### What is overnight oximetry?

Oximetry is a test that measures your heart rate and the amount of oxygen in your blood. When this is done overnight, a continuous measurement can be graphed. The graph helps the doctor see if you have enough oxygen in your body when you sleep. The machine records the information and the respiratory therapist prints it out in the morning for the doctor to see.

### Why do I need overnight oximetry?

Your doctor would like to monitor your oxygen levels to see if you have enough oxygen at night. The results help the assessment and treatment of your medical condition.

### What should I do to prepare for this test?

On the day of the study remove nail polish on your fingers.

You should try to sleep without disruption during the study.

In order for us to get a useful recording we advise:

- no caffeine, alcohol or sedative medication for 6 hours before going to sleep
- sleep in a quiet, comfortable environment for at least 6 hours

### What should I do if I have to go to the washroom?

Remove the finger probe. **DO NOT turn off the machine for any reason.** Go to the bathroom. When you come back from the bathroom, put the finger probe back on and tape it in place, then go back to sleep.

### Who explains the results of my test?

Your doctor will review your test results and discuss any concerns with you at your next FIRH clinic appointment.

This test should not cause you any discomfort. Please let the respiratory therapist know if you had any discomfort throughout the testing. If you have any questions about overnight oximetry, talk to your respiratory therapist.

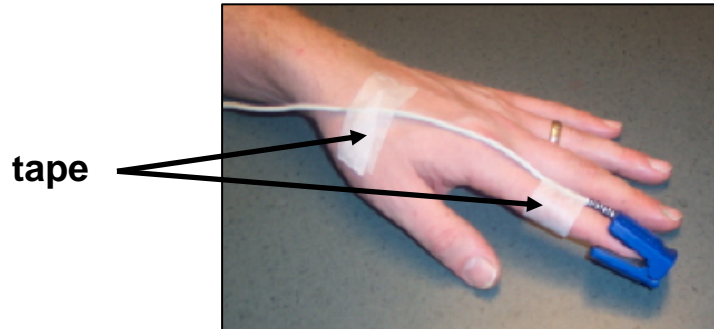
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### Step 1:

At your normal bedtime, put the probe on a finger with no rings or nail polish. Tape the probe in place to keep it there as shown in the picture.




### Step 2:

Turn the machine on by pressing the  button. When there is a good signal, a green light flashes with each heart beat.

If you wake up during the night to go to the bathroom or the probe feels too tight, you can put it on a different finger with no rings or nail polish.

### Step 3:

In the morning turn the machine off by pressing and holding the  button until the machine turns off.

### Step 4:

**Bring the machine back to the FIRH clinic the next day between 8:30 and 10:00 a.m.**

Please let us know if you have any problems getting the machine back at this time. We need to collect your results and get the equipment ready for the next patient.