



ABBOTSFORD REGIONAL HOSPITAL
SLEEP LAB INSTRUCTIONS UPDATED SEPT 21, 2020
32900 Marshall Road Abbotsford, BC V2S 0C2
Diagnostic Services, Fraser - 3rd Floor

You will be contacted by our office to book your appointment.
Booking Office (M-F 12:00pm- 4:00pm) 604-851-4700 ext. 646503

PARKING IS CURRENTLY FREE AT ARHCC.

NOTE: IF YOU DEVELOP ANY COLD/FLU SYMPTOMS PRIOR TO YOUR APPOINTMENT, PLEASE CONTACT THE SLEEP LAB TO RESCHEDULE.

Contact Sleep Tech after Hours (if last minute cancellation): ext. 646502

We are located on the 3RD floor, Diagnostic Services – Enter ARH through the Emergency doors, take elevator on left to level 1. Turn left at signage to enter back of the Fraser Elevators and take to level 3. Exit front of elevators. PLEASE WAIT AT THE 3RD FLOOR TEA GARDEN FOR A TECH TO COME GET YOU – TAKE A RIGHT AFTER EXITING ELEVATORS.

PLEASE WEAR A MASK TO YOUR APPOINTMENT– THE DEPARTMENT WILL PROVIDE A MASK IF YOU DO NOT HAVE ONE.

WHAT TO EXPECT:

- Private rooms for each patient.
- Small electrodes are applied to head area. They are not painful but some patients experience temporary minor skin irritations from tapes or products used. Please inform your Sleep Tech if you have any sensitivities. Recording devices are also placed on the nose, chest, abdomen and legs.
- The rooms are monitored with a video/infrared night camera and a two-way intercom.
- We will be monitoring brain waves, respiratory airflow and breathing patterns, oxygen levels, heart rate and rhythm, and any unusual body movements.
- It may be necessary for the technologist to enter your room during the test to adjust sensors. Otherwise, your sleep is undisturbed.

ON THE DAY OF YOUR TEST:

- **Please ensure your hair is clean & dry.** Do not apply any hair products.
- **Men:** If you routinely shave, please arrive clean shaven.
- **Avoid caffeine or other stimulants 6-8 hours** prior to your sleep study. **DO NOT** drink alcohol on the day of your study.
- **Refrain** from napping the day of your test.

WHAT TO BRING:

- **Appropriate Sleepwear** –Sleeping naked or in underwear without a shirt will not be permitted.
- **Bring Personal Toiletries** - Please be advised there are **no showers** available.
- **Prescription Medications**- Please bring any medications that you normally take during the test hours. **Sleep Lab does not have access to any prescription or non-prescription medications.**
- **Personal Items** – are allowed however Wi-Fi is limited within the department.
- **Please mention during booking whether you have any special MEDICAL NEEDS or mobility issues.**
- **IF CPAP or BIPAP titration has been ordered** – please bring your mask only if you have one.

No visitors are permitted in the hospital unless determined as essential i.e.: assisting with mobility, language/communication. Essential visitors may escort patients to Tea Garden to **drop off and pick up ONLY**. Patients' testing will be completed between 6:00am-6:30am the following morning. ARH front entrance is open 0700-1900 therefore; essential visitors will need to enter/exit through Emergency.

If a Daytime Testing (MSLT or MWT) has been ordered you will be staying **until 5:00PM the next day**. Food is not provided however you do have access to the hospital cafeteria. There will be no microwave or fridge available to patients.