

NOVI SLEEP & DIAGNOSTIC CENTER

To help ensure you have a successful diagnostic test in the sleep center, it is very important that you **follow all instructions** provided to you by the sleep center staff.

- 1) Once your study is ordered we will contact your insurance carrier or referring physician to obtain a referral or authorization for the testing, if it is required by your carrier. If authorization/referral is not obtained 24 hours prior to your scheduled testing, the diagnostic test will be cancelled and rescheduled until authorization has been received at our office.
- 2) Your study and the skill of the technician have been scheduled and matched to the diagnostics ordered and as such if you are unable to keep your scheduled appointment, you must contact the office 24 hours in advance to cancel or reschedule. **Failure to do so will result in a \$250 fee.**
- 3) It is important that you arrive **ON TIME** for your study. Each patient will receive a specific arrival time, typically it will be 8:30 PM or 9:30 PM. The study times are set specifically to ensure adequate time to collect the diagnostic data required to diagnose your sleep disorder symptoms. **Please do not arrive early for your appointment.**
- 4) Sleep diagnostics require an overnight stay at the center. The evening of your testing you will arrive at 8:30 PM or 9:30 PM and generally leave between 5:00 AM and 6:00 AM the following morning.
- 5) Enter through the front doors on the night of your study. Once inside, the 1st set of glass doors, ring the doorbell located on your right, between the 2 sets of glass doors, on the inside door frame. This bell will notify the technician that you have arrived.
- 6) This is an outpatient procedure, and as such nursing services are not provided during testing hours.
 - a) If you take medications, bring them with you and continue to take them on your current schedule. Medications are not available at the sleep center for distribution or use.
 - b) If you require assistance ambulating, going to the bathroom, showering, have a language barrier, or if you are a minor (under 18 years of age), you must be accompanied by a guardian/caregiver who is required to stay with you for the duration of testing.
- 7) If you are currently using CPAP or BIPAP at home, please bring all of your sleep equipment with you the night of the study, excluding the machine. This includes mas, headgear, and tubing.
- 8) Diagnostic equipment includes wires which will be placed on your head, face, and body and will be held in place with body paste and/or medical tape. Prior to the study:
 - a) Men & women must thoroughly wash and dry their hair
 - b) Refrain from using any hair products including but not limited to conditioners, hairspray, hair gels, etc.
 - c) Men should shave and refrain from using aftershaves or colognes. If you wear a beard, be sure it is trimmed.
 - d) Women should not wear makeup or colognes.
 - e) If you have open or draining wounds, they must be covered in a clean dressing and your sleep attire must cover the affected area.
- 9) Make every attempt to maintain your normal daily routine the day of the study. Avoid napping, if possible.
- 10) Avoid strenuous exercise, excessive caffeine, chocolate: smoking or vaping is not allowed during the test in or outside of the building.
- 11) For your comfort you will rest on a "Sleep Number" bed and are provided with a flat screen television to watch if you desire.
- 12) Last but not least, bring something loose and comfortable to sleep in. Remember to bring a robe & slippers in the event you need to go to the restroom, toiletries for brushing teeth and/or shower before going home the following morning.

Be advised, patients are prohibited from sleeping in the nude or with undergarments only.

If you have any questions regarding your testing or medication, please contact the sleep center @ 248-344-2060, Monday-Thursday 9:00 AM to 4:30 PM

Thank you in advance for choosing Novi Sleep & Diagnostic Center to assist your diagnosis and treatment

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