

BAPTIST MEMORIAL HOSPITAL – COLLIERVILLE SLEEP DISORDERS CENTER

Polysomnographic Testing

a guide for your overnight stay at the sleep disorders center

Welcome to the **Baptist Sleep Disorders Center**. You are scheduled for an overnight polysomnographic (PSG) study in our facility. We are located at the BMH - Collierville Hospital campus on the third floor (RM 307). Parking is easily accessible in the Emergency Room parking area. We are glad to assist and make your visit as comfortable as possible. A team of technologists will be available to help you during testing.

Frequently Asked Questions:

What is a PSG study?

A PSG study is an overnight sleep monitoring for the evaluation and treatment of sleep related problems. Your breathing, heart rate, oxygen levels, brain activity, and leg movements will be monitored while you sleep. An assortment of electrodes and monitoring devices will be used for this purpose. These will be pasted and taped comfortably to your body and head.

How should I prepare myself for the overnight sleep study?

Please arrive at the lab at the scheduled time. If you must be late due to an unexpected emergency or other circumstance, please call our center (861-9004) so that scheduling adjustments of other patients may be made as necessary. Please bathe and shampoo prior to arrival. **DO NOT** wear any make-up, lotion, or hair products since these will interfere with the sensitivity of the testing equipment. Women should remove nail polish from at least one finger so that oxygen levels can be read from the fingertip.

What should I bring?

Bring ALL MEDICATIONS that you normally take. Please ask your physician which medications you should take prior to the study. A LIST of medications and dosages taken should also be brought with you and given to the technologists as part of your medical record.

Additionally, please bring comfortable, loose-fitting bed clothing or pajamas. House shoes or a comfortable pair of sneakers should be worn also. You may wish to bring a favorite pillow, blanket, or book. Toiletries and towels are available in your private restroom.

How will I get the results of the test?

After the test ends in the morning, a technician will remove all of the equipment and you will be discharged unless additional daytime testing has been ordered. You will know at the time of your appointment whether this may be required. The test data will be scored and interpreted by the physician, who is Board-Certified in Sleep Medicine. He will contact you with the results and send them to the ordering physician. If any breathing equipment is prescribed, the physician will send a prescription to a health care equipment company. The company will contact you to set up the equipment.

DO:

Try to maintain a routine day prior to the study, but try to avoid napping and inactivity. A moderate amount of exercise or walking on the day of the test may be beneficial. Consult your physician concerning exercise if you do not have an exercise program.

DON'T:

Sleep or nap on the day of the test. Please try to awaken at your normal wake time and avoid sleeping late on the day before the testing.

Please call if you have developed a new illness (example - a “cold” with temperature, coughing or a painful back injury) which may affect your scheduled testing.

1500 West Poplar Avenue ... Collierville, Tennessee ... 38017
(901) 861-9001

HOSPITAL INFORMATION AND DIRECTIONS

The BMH-Collierville campus is located at 1500 West Poplar Avenue, east of Bailey Station and west of Byhalia Road. It is located on the north side of the street at the corner of Shea Road. Please park in the west side Emergency parking lot. The front entrance of the Hospital is locked at 8:45 p.m.

Enter the Emergency Room from the ER parking lot and register. At this time, **you will be expected to pay any co-pay or deductible.** The Emergency Room staff can instruct you on how to go to the Sleep Center. Make yourself comfortable and a technician should be with you shortly. A refrigerator is available for any snack food that you wish to bring. Lock boxes are available for any valuables that you wish to check.

It is important that you arrive on time due to the scheduling requirements for all patients. There will be a delay time after you are connected to the monitoring equipment and before bedtime. We ask that you do not lie on the bed until the testing actually begins.

Cell phone use is not permitted during your testing due to the sensitivity of the monitoring equipment. The telephone in your bedroom is available for out calls only. In the event you must be contacted for absolute emergencies, you may be reached at 861-9004.

The hospital cafeteria is closed in the evening and reopens at 7:30 a.m. A waiting lounge is available in the Critical Care area and the Emergency Room area. Prearrangements are necessary if you require accommodations for a personal assistant.

If you have a co-pay, you will be required to make it upon registration. If you have a deductible on your insurance, you will need to pay it or call the business office ahead of time to make arrangements. Phone: 861-8740

THANK YOU FOR CHOOSING BAPTIST MEMORIAL HOSPITAL COLLIERVILLE for your health care needs. If you have any questions or concerns during your visit, please let us know. Our staff and team members strive to be leaders in health care and we want you to experience our hospitality.