

Nocturnal Oxygen Testing Instructions

This test evaluates your oxygen needs while you sleep. This test will help your doctor determine the best treatment for you. To meet funding criteria for nocturnal (nighttime) oxygen, two nights of testing may be required. One night will be while you are sleeping without oxygen on (room air test) and one may be while wearing oxygen (oxygen test). A minimum of 3-4 hours of sleep is required for both tests.

INSTRUCTIONS:

At BEDTIME:

1. Secure oximeter around your wrist with the black Velcro band.
2. Place finger probe on any finger. It should automatically turn on. Secure finger probe with tape.
3. Wear your CPAP/BiPAP/dental device, if you have one.
4. On the **Nocturnal Oxygen Testing - Communication Form**, write down what time you put the oximeter on.
5. If a test with oxygen is needed, you will follow the same steps but also wear oxygen.

* You may change fingers in the night if it becomes uncomfortable. The oximeter will automatically turn off when the finger probe is removed; make a note on the **Nocturnal Oxygen Testing - Communication Form** if this happens.

In the MORNING:

1. Take off the oximeter.
2. Complete the **Nocturnal Oxygen Testing - Communication Form** and the **Sleep Apnea Screening Tool** (even if you have sleep apnea).
3. Return the oximeter and papers to your local oxygen tester (i.e. home care nurse, respiratory therapy department).

CPAP/BiPAP Instructions:

This test may be used to assess how a CPAP or BiPAP is managing your sleep apnea; it is not a test that can diagnose sleep apnea. If you have a CPAP or BiPAP, you should wear this for all nighttime testing. When needed, oxygen should be applied via an adaptor into the CPAP or BiPAP (not under the CPAP mask).

Special instructions:

Tape finger
probe here

