

# Your child's respiratory pulse oximetry sleep study

## Information for children, families and carers

We have given you this factsheet because your child has been referred for an overnight respiratory pulse oximetry sleep study.

It explains what a respiratory pulse oximetry sleep study is and what the test involves, so that you know what to expect and can help prepare your child.

We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### What is a respiratory pulse oximetry sleep study?

A respiratory pulse oximetry sleep study is a non-invasive test that is carried out while your child sleeps.

The test will monitor your child's:

- oxygen levels
- heart rate

The results of this test will help us decide what the right treatment is for your child.

### How should I prepare for my child's test?

Before your child's test, you should:

- keep to your child's normal routine
- make sure your child is not wearing any nail varnish or false nails

### What to bring

Please bring the following items with you:

- socks for your child
- any medications that your child takes regularly

- comfort items to make your child feel like they are at home (for example a soft toy, pillow and/or blanket)
- any formula, special foods or medical equipment that your child might need
- food and drinks (no meals will be provided, but there will be access to hot drinks and a microwave)
- a sling for the hoist (if needed)

## **Can I stay with my child during the test?**

Yes. We do request that a parent or legal guardian remains with your child at all times, as this will help them to feel less anxious.

Unfortunately, our rooms can only accommodate a bed for one parent or legal guardian.

## **What will happen during the test?**

Please arrive at the hospital at 6.30pm on the evening of your child's test.

Once your child is settled and in their nightwear, we will:

- wrap a soft probe (device) around their toe to monitor their oxygen levels

To help them go to sleep as quickly as possible, your child should not use a games console or a mobile phone device once they are settled and in their nightwear.

## **What will happen after the test?**

We will wake your child up the next morning at 6am (unless a review with your child's consultant has been previously arranged, in which case your child will be left to sleep for longer).

We will remove all the equipment from your child.

We will then analyse the measurements taken throughout the test.

## **When will I receive my child's results?**

A respiratory consultant will review the analysed data from the respiratory pulse oximetry sleep study and send a report back to the doctor who referred your child for this test.

You will also be sent a copy of this letter, so that you can discuss the results with your child's doctor at their next clinic appointment.

## Contact us

If you have any questions or concerns, please contact us.

Children's sleep team

Telephone: **023 8120 8368**

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