

WHAT IS CPAP/BIPAP?

You have been diagnosed with obstructive sleep apnea (OSA) or another sleep disorder and your physician has scheduled you for a CPAP/BIPAP titration test.

A CPAP/BIPAP system treats OSA by providing low pressure airflow to your airway. The air pressure holds the airway open, preventing the collapse of the palate and tongue over the air passages. This allows for normal breathing and uninterrupted sleep.

CPAP is one continuous positive airway pressure while BIPAP consists of two pressures, one inspiratory and one expiratory.

WHAT TO DO BEFORE THE TEST

1. Please do not take a nap the day of your test.
2. Do not drink alcohol or products containing caffeine 12 hours prior to testing.
3. Daily medications should be taken as prescribed unless your physician has ordered otherwise. If you have a question regarding your medication, please contact your physician. Please bring all medications with you as needed (For evening and morning).
4. Please shower and thoroughly wash your hair. Do not use any oils, heavy crème rinses, hair dressings, or fingernail polish.
5. Bring with you all necessary sleep attire (something loose fitting and comfortable). Hospital gowns and bottoms are available if needed.
6. You may bring your own pillow if desired.
7. Cell phones may only be used in designated areas and the hospital lobby.

CHANGES OR CANCELATIONS

If you need to change or cancel your appointment, please call 24 hours in advance.

If you have any questions about your sleep study, please call 330-596-7321.

Thank you for choosing the Sleep Disorder Center at Alliance Community Hospital.



NOW IS THE TIME TO SCHEDULE YOUR SLEEP STUDY.

CONTACT Us



200 East State Street
Alliance, Ohio 44601
330-596-6000
www.achosp.org



CPAP/BIPAP TITRATION

APPOINTMENT DATE: _____
ARRIVAL TIME: 8:30 P.M. _____
DISCHARGE TIME: 6 - 7 A.M. _____



PRECAUTIONS & AFTERCARE

CPAP/BIPAP is extremely safe and no special precautions need to be taken.

Once the test is over, the monitors are detached and no special measures need to be taken.

WHAT TO EXPECT DURING TESTING

- The sleep study will be administered over a 6-8 hour period.
- Each patient has his/her own private room, bathroom and TV.
- Snacks and beverages are provided.
- The technician will place a small mask over the nose or nose & mouth which delivers the airpressure.
- CPAP/BIPAP is initiated at the lowest pressure setting and is gradually increased once sleep has been achieved until all respiratory events and snoring has been eliminated.
- To record your level of sleep, several wires are attached to your scalp and face (no needles are attached).
- Small electrodes to monitor eye movements, chin activity, and leg activity are also attached. Two small thin loose belts are placed around your chest and abdomen to monitor your breathing.
- A pulse oximeter probe will be placed on your finger to monitor blood oxygen level throughout the night.
- EKG patches will monitor your heart rhythm.
- Mustaches and beards are no problem, please do not shave your beard or mustache for your sleep study.
- Cameras and intercom systems are attached to the ceiling and wall in each room to permit monitoring by the technologist.

BENEFITS OF CPAP/BIPAP THERAPY

- Restoration of normal sleep patterns
- Greater alertness and less daytime sleepiness
- Less anxiety and depression
- Improvements in work productivity
- Better concentration and memory
- Patients bed partner report improvement in their own sleep
- Fewer morning headaches.

SIDE EFFECTS

- Irritation of the nose and throat. (Most common complaint is nasal congestion and dry mouth)
- Excessive pressure making exhalation difficult
- A feeling of claustrophobia
- Eye irritation



TEST RESULTS

All tests are scored and interpreted by a board certified sleep physician within one week. You will need to schedule a follow-up appointment with your referring physician to discuss your test results.

WHERE IS THE SLEEP DISORDER CENTER LOCATED?

If arriving before 9 p.m., you may park in front of the hospital (State Street) and enter via the main entrance. Take the main elevators to the **THIRD FLOOR**. Turn right off the elevators; the sleep lab is located at the first hall to the left. If arriving after 9 p.m., the main entrance doors will be locked. Please park in at Emergency Room entrance which is located at the rear of the hospital. Enter the Emergency Room entrance and ask for directions to the main elevators. Parking is FREE.

MAIN HOSPITAL ENTRANCE (FRONT OF HOSPITAL)



EMERGENCY ROOM ENTRANCE (REAR)

