

Important information:

The enclosed appointment is to collect a monitor for an overnight oxygen study in the comfort of your own home.

If you are unable to return the monitor by 10:00am the next day please contact the Respiratory Lab (01225 824314). We need the monitors back by 10:00am so that we can download and clean them ready to give out again from 11:00am.

If it is difficult for you to get to and from the RUH a friend or relative may collect and return the monitor on your behalf.

Finding us

Car parking is available on site; however it can be extremely busy during the week.

The Respiratory Lab is situated in the Respiratory Outpatient Department on the 2nd Floor of Zone B, department 49.

**If you have any questions please contact the Respiratory Lab
Tel: 01225 824314**

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

Date of publication: March 2017
Ref: RUH RES/025 v2
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Overnight Oxygen Study

What to expect when you have a home oxygen study



This leaflet explains

- Why we do overnight oxygen studies
- How we do overnight oxygen studies

Why we do overnight oxygen studies

When we sleep we do not breathe as deeply as when we are awake. Sometimes it is necessary to check the levels of oxygen in your blood whilst you are sleeping.

If you have a lung disease that affects how well your lungs take oxygen out of the air it may be necessary to check that you are maintaining your oxygen levels when you are sleeping.

If you have been prescribed oxygen to use at night or you have a machine to help you breathe (BiPAP or CPAP) at night we may need to do an overnight oxygen study to check that it is set at the appropriate levels.

How we do overnight oxygen studies

Some overnight oxygen studies can be done in the comfort of your own home.

You will be invited to come to the Respiratory Lab (Zone B Dept. 49) to collect a small monitor that will record your oxygen level and heart rate whilst you sleep. It is worn on your wrist and has a peg like probe that fits on one of your fingers.

The monitor is very easy to operate. We will go through the instructions when you come to collect it and you will have written instructions as well. This will take about 10-15 minutes.

You will put the monitor on when you go to bed and turn it off in the morning when you get up.

