

# OVERNIGHT OXIMETRY PATIENT INSTRUCTIONS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Study # \_\_\_\_\_ Place: Reno/Sparks \_\_\_\_\_ Other \_\_\_\_\_

On Room Air \_\_\_\_\_ On CPAP \_\_\_\_\_ cmH2O or \_\_\_\_\_ LPM O2

## PUTTING ON THE OXIMETER

1. When you are ready to go to bed, plug the sensor into the oximeter by inserting the white end of the cable into the plug at the top of the black box until you can not see the red arrow (this may have already been done for you).
2. Put the oximeter on your wrist like a wrist watch, pulling the end of the velcro through the plastic ring and securing back to itself.
3. Place the blue clip on your finger with the wire on top. The picture of the finger on the clip should match the top of your finger. You can put the sensor on any finger. You may also switch fingers throughout the night if needed.
4. Wrap a piece of Coban around your finger and the wire just below the blue sensor. Do not wrap it too tight so that you don't restrict circulation.
5. Write down in the space below what time you turned it on.

## TURNING OFF THE OXIMETER

To turn off the oximeter simply take the probe off of you finger. It will turn off after 10seconds. All of the data collected will be automatically saved. Remove the Coban and throw it away.

Time you put on the probe: \_\_\_\_\_

Time you took off the probe: \_\_\_\_\_

**Please return the oximeter to the office where you picked it up at by 11:00am  
Sleep Center 601 S. Arlington Ave.  
Pulmonary Office 236 W. 6<sup>th</sup> St.**

If you have any problems please call our office at 329-1727 or after hours at 329-5803 ext 16.