

# Instructions for Overnight Oximetry

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- When you go to bed, attach the monitor to your wrist in the same way you would wear a wristwatch with the probe pointing towards your hand.
- Fit the probe on to your thumb/finger as shown during your appointment.
- To switch on the monitor, press and hold the black power button on the monitor until the time is displayed. Do not touch the power button again until you are going to switch the monitor off in the morning.
- After about 30 seconds, you will see your oxygen level and heart rate displayed on the monitor. Once you see these values, you can be reassured the monitor is working. After a few minutes, the screen will go blank again. It is now in power save mode, but it is still working.
- Go to sleep as normal.
- In the morning, when you wake up and are getting out of bed, press and hold the black power button until it says 'power off' to switch the monitor off.
- Fill in the sleep diary.
- The healthcare professional will inform you of how the monitor should be returned. This could involve dropping the device and sleep diary/questionnaire to the Respiratory Department as early as possible the day after it was worn (or on Monday if you collected it on a Friday). You may also be given an appointment to return the device, this will be explained during your appointment to collect the device.
- Once the results are downloaded and reported, the report will be sent to the requesting consultant.
- If you have any problems please contact 01205 445585 (Pilgrim), 01522 573290 (Lincoln) or 01476 464767 (Grantham).

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