

Results

Our ENT doctor will analyse the results of your overnight study.

You will receive the results of the test by letter.

A review appointment or referral for further sleep studies (polysomnography) will be arranged if necessary.

DVLA

The DVLA recognizes that sleep disorders including obstructive sleep apnoea syndrome causing excessive daytime sleepiness is an indication for concern regarding fitness to drive. If your level of daytime sleepiness is found to be abnormal on Overnight Oximetry, it would be your duty to inform the DVLA regarding your medical condition. In this event should you continue to drive and cause an accident you are liable to prosecution.

Important Information

Do not use mobile phones within 10 meters of the OxyTrend machine as this can effect the recording.

Please handle this monitor carefully as equipment is expensive and without it we cannot improve yours or others health. We thank you for your care.

Please return the OxyTrend monitor the following day to the ENT Outpatients.

You do not have to speak to the nurse unless you feel the need.

The equipment can be left at the ENT OPD between 8.30am-5.00pm.

If you have difficulty with these times please let us know, as we require prompt return of the equipment so that it can be available for the next patient.

Contact Information

ENT Outpatients Department

Mon – Fri 8.30am – 5.00pm


Tel: 01270 612206

Ward 19

Out of Outpatient times

Tel: 01270 612083

Please cancel any appointment you cannot attend.

Mid Cheshire Hospitals 
NHS Trust

Head and Neck Unit

Patient Information for Overnight Pulse Oximetry

Leighton Hospital
Middlewich Road
Crewe
Cheshire CW1 4QJ

www.mcht.nhs.uk

Direct Dial: 01270 612206

Snoring

The noisy sounds of snoring occur when there is an obstruction of the free flow of air through the passages at the back of the mouth and nose. This area is the collapsible part of the airway where the tongue and upper throat meet the soft palate and uvula. Snoring occurs when these structures vibrate during breathing.

All snorers have some obstruction of the upper airway, some have episodes of complete obstruction, lasting 10 seconds or longer indicating possible sleep apnoea.

Obstructive Sleep Apnoea

When loud snoring is interrupted by frequent episodes of totally obstructed breathing, it is known as obstructive sleep apnoea. These episodes can reduce blood oxygen levels, causing the heart to pump harder. The immediate effect of sleep apnoea is that the snorer sleeps lightly. Because the snorer does not get a good rest, they may be sleepy during the day, which impairs job performance and makes them a hazardous driver or equipment operator. After many years with this disorder, elevated blood pressure and heart disease may occur.

Overnight Pulse Oximetry

This is a screening method to monitor the oxygen levels within your blood while you are asleep. If the results are abnormal you may require further sleep studies known as Polysomnography.

You have been asked to record your overnight pulse oximetry in your own home.

To provide a relevant recording we advise you:

- Not to take caffeine, alcohol, or sedatives for 6 hours before going to sleep.
- Arrange a quite, comfortable environment in which you can sleep for 6-8 hours.

Instructions for use of the OxyTrend machine

- Remove the OxyTrend machine from the blue case.
- Connect the white lead to the OxyTrend machine.
- Connect the black plug to the back of the OxyTrend and plug to the mains socket.
- Ensure the monitor is positioned safely.
- Press the **GREEN** semi-circular button.
- The **ORANGE** round button will flash and the machine will bleep.

- A monitor will show readings at the side of 100/45 and 170/40. These have been set by the hospital and need not be altered.
- Attach the Masimo finger monitor to your middle finger.
- Connect the white lead to the finger monitor.
- The OxyTrend screen will show a moving graph and numbers at the side, this is now monitoring your oxygen saturation levels.
- Relax now and go to sleep.

If you need to remove the monitor during the night (e.g. to go to the toilet) disconnect the white lead from the finger monitor. The machine will bleep and the round button will flash. **DO NOT SWITCH OFF.** The recording will continue but will be identified as 'probe-off'. Reconnect the finger probe and go back to sleep.

In the morning press the **GREEN** button. The screen will say cancel/turn off. Turn the **ORANGE** round button anti-clockwise and highlight 'turn-off'. Press the round button. The screen will go blank. Disconnect the finger probe.

Disconnect the white cable and the black plug from the OxyTrend and replace with the machine into the blue case.

The finger plaster can be thrown away.