

### WHAT IS HOME OVERNIGHT OXIMETRY (SpO2 MONITORING)?

Overnight oximetry is a test using a machine (called an oximeter) with a sensor attached to your child's foot/toe. This allows us to monitor oxygen levels and heart rate when your child is asleep. It does not hurt and is very simple to apply and use.

### MY CHILD NEEDS TO HAVE OVERNIGHT OXIMETRY - WHAT DO I DO NOW?

Your doctor will send the request for overnight oximetry to the Melbourne Children's Sleep Centre. Your child's name will be placed on a waiting list, with wait times up to 2 months. You will be contacted with an appointment date by phone or via letter (preferably emailed) so please ensure contact details provided are current.

### WHEN DO I COLLECT THE MONITOR?

You will need to collect the monitor from **Ward 4E, Melbourne Children's Sleep Centre, Level 4, Monash Children's Hospital, 246 Clayton Road, Clayton. Map or our location provided.**

You will be allocated a **30 minute appointment time between 12.00pm-3.00pm on the day of the overnight oximetry.** Staff will explain how to apply the sensor and how to use the monitor and you will need to complete some paperwork. **You do not have to bring your child to this appointment.**

**CAR PARKING:** You can park in the Monash multi-storey car park with the entrance on your left as you enter the main hospital grounds (off Clayton Road) noting fees apply. There is some street parking available around the hospital (but please note the parking restrictions).

### HOW IS THE SENSOR ATTACHED & DO I NEED TO DO ANYTHING OVERNIGHT?

Detailed instructions with diagrams on how you should apply the sensor will be provided when you collect the monitor. You will also have a chance to practice applying the sensor before taking the monitor home. Please apply the sensor before your child goes to sleep. Please note any wakings / feeds etc. during the night onto the sleep diary that will be provided to you. Remove the sensor after your child wakes up the following morning.

### WHAT IF THE MONITOR IS NOT RECORDING VALUES OVERNIGHT?

Try removing and re-applying the sensor to another location several times if required. **After hours support is available on 8572 4383 (Mon to Fri overnights).** If there is a persistent problem (unlikely) then we will assess the monitor the next day and repeat the test if required.

### WHEN DO I RETURN THE MONITOR?

You will need to return the monitor to the Melbourne Children's Sleep Centre **between 9.00am – 10.30am the next business day following the overnight oximetry.** If your study is on a Friday evening, you will need to return the oximeter the following Monday morning. The return only takes several minutes and you do not have to bring your child. **Failure to return the oximeter between 9.00am - 10.30am will incur a late fee of \$100.00 (as we may have to cancel patients if not enough time to download and prepare the monitor).**

**IS THERE ANY COST INVOLVED?** There is no charge for the oximetry service.

### WHAT IF MY CHILD BECOMES UNWELL BEFORE THE OVERNIGHT OXIMETRY?

The overnight oximetry needs to be performed at a time when your child is well as illness (particularly upper respiratory tract infections) can significantly affect the results of the test. If, after booking the appointment, your child/infant becomes unwell, you will need to contact the sleep centre on **8572 3593 during business hours** and we will reschedule the appointment. **Please advise if your child is on any medications including antibiotics, steroids or nasal sprays as this will affect the oximetry results.**

### HOW AM I ADVISED OF THE RESULTS OF THE TEST?

The doctor who requested the home oximetry test is responsible for advising you of the results of the test and any further follow up as required. You will be provided a sheet with information about follow up with contact details at the time of the appointment.

***If you have any queries please contact the Melbourne Children's Sleep Centre on 8572 3593.***