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. Please access the following video for further information regarding using the oximeter:

https://www.youtube.com/watch?v=Qrb7lxme5_Y

WHEN DO I COLLECT THE MONITOR?
You will need to collect the monitor from the patient drop off / pick up area at the front of the Monash Children’s Hospital, 246 Clayton Road, Clayton at 2pm unless otherwise notified. There will be Melbourne Children’s Sleep Centre staff present with a sign “OXIMETER COLLECTION”. Staff will confirm some patient details and then provide you with a bag including the oximeter and relevant paperwork.
HOW IS THE SENSOR ATTACHED & DO I NEED TO DO ANYTHING OVERNIGHT?
There are detailed written instructions with diagrams and video instructions about how to apply the sensor and use the oximeter.
Detailed video instructions are available: [https://www.youtube.com/watch?v=Qrb7lxme5_Y](https://www.youtube.com/watch?v=Qrb7lxme5_Y)

Please complete the sleep/wake diary that will be provided to you with the oximeter including noting any wakings / feeds / bathroom visits etc. during the night

The following morning, after your child wakes up, please switch off the oximeter and remove the sensor. Put everything back into the bag ready for return.

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 3596. In the unlikely event of a persistent problem that cannot be resolved overnight, 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 oximeter to patient drop off / pick up area at the front of the Monash Children’s Hospital, 246 Clayton Road, Clayton at 10am unless otherwise notified (see map above). There will be Melbourne Children’s Sleep Centre staff present with a sign “OXIMETER RETURN”.

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

MEDICATIONS:
1. Nasal steroid nasal sprays (eg Nasonex, Rhinocort, Avamys, Omnaris etc) should be stopped 2 weeks prior to the home oximetry test unless the doctor requesting the test has advised you differently.
2. Your child should not be taking antibiotics or oral steroids (eg Redipred, Predmix) at the time of the home oximetry test, with the last dose taken at least 2 weeks before the sleep study, unless the doctor requesting the home oximetry test has advised you differently.
3. Medication for asthma, epilepsy and mental health should be continued as usual unless your doctor has advised you differently.
4. If unsure about your child’s medications please discuss with sleep centre staff.

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.