



# TEST DAY GUIDE PULMONARY & SLEEP CARE

## BRING THIS

- Photo ID & insurance card
- Medication list & allergies
- Inhalers/spacer (if used)
- CPAP/BiPAP with power; SD card/app
- Outside records or imaging (if you have them)
- Comfortable clothing & flat shoes; portable oxygen if used

## CHECK-IN

- Arrive 15 minutes early
- Verify contact/insurance info
- Vitals taken (pulse, BP, weight, oxygen)
- Change into a gown if needed
- Lockers available for overnight sleep study

## DURING YOUR TEST



### PFTs:

Deep breaths; may use bronchodilator



### 6-Minute Walk:

Walk the halls with an oximeter



### HST:

Receive kit & training for home



### In-Lab PSG:

Overnight monitoring; possible CPAP titration



### Bronchoscopy:

Sedation with monitoring; recovery onsite

## BEFORE YOU ARRIVE

- Complete forms
- Hydrate; light meal
- Avoid caffeine after noon for PSG
- No lotions on sensor sites (HST/PSG)
- Follow inhaler-hold only if told to
- If sedation is planned, follow fasting instructions and arrange a driver

## AFTER YOUR TEST

- Resume medicines unless told otherwise
- Results and next steps will post to the Patient Portal (preliminary same day when available)
- Staff will review the plan and schedule follow-up