







# 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

### 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

### 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