

PATIENT INSTRUCTIONS FOR POLYSOMNOGRAM

Dear _____
Your overnight polysomnogram (sleep study) has been
scheduled for _____

IMPORTANT: SHOULD YOU NEED TO CANCEL YOUR APPOINTMENT, kindly give the sleep center at least 48 hours notice so that we may fill your appointment with another patient (as we have a waiting list of patients who need or want their test as soon as possible).

PLEASE FOLLOW THE INSTRUCTIONS BELOW ON THE DAY OF YOUR TEST:

1. Complete the enclosed questionnaire and bring it with you the night of the study. *You are also required to bring the doctor's prescription for the test including your diagnosis and/or an insurance referral for the test, and, your medical insurance card.*
2. Do NOT fast. Eat dinner prior to coming for your test.
3. **NOTE: The Sleep Center** is located at **331 Rt 206N Hillsborough, NJ 08844** on the second floor. Directions are attached.
Report directly to the sleep center at the above scheduled time.
4. Bring comfortable sleepwear (whatever you are used to wearing to bed - but please, no rayon, nylon or silky material).
5. DO NOT use "sleeping pills", tranquilizers, or stimulants the day of your study unless you take these on a regular basis. You may take other prescription medications unless you have been specifically directed otherwise. Bring with you any medication that you may need while you are at the sleep center. The technicians in the sleep lab **cannot** dispense any medications, including tylenol.
6. DO NOT take any naps on the day of your study.
7. DO NOT drink alcoholic or caffeinated beverages like coffee*, tea or cola the day of your test. *You may have your usual "first morning cup of coffee" if necessary.
8. Please be sure your hair is clean and free of excessive lotions or oils.
9. You may shower the morning after your study. Bring your own personal toiletries such as toothbrush, toothpaste, shampoo, etc.
10. Please notify us in advance if you require or have special needs (such as wheelchair, oxygen, etc.)

If you have any further questions, please call the sleep center at 908-927-8795 Monday-Friday during normal business hours. After hours, you may leave a message on our answering machine and we will return your call on the next business day.

COMPREHENSIVE SLEEP DISORDERS CENTER
ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL
POLYSOMNOGRAM (SLEEP STUDY) INFORMATION

THE TEST:

Your study is performed in a private room that is equipped with a television, private bathroom and shower. Once you arrive at the sleep lab and complete the registration process, the technician will proceed with the hook-up of monitoring sensors for the test. You will have electrodes and sensors placed on your head and various other parts of your body in order to monitor continuously for at least 6 hours your sleep stage, breathing, body movements, heart rhythm and oxygenation. Your body position during sleep is an important part of a sleep study. For this reason, and for increased safety, you will be observed on video camera.

There are no needles involved in this study, so it is generally not considered a painful test. However, some patients find sleeping with electrodes to be an uncomfortable experience. Many people are concerned about being able to fall asleep, but this is rarely a problem. Although you are not expected to go to sleep at a specific time, you will be encouraged to fall asleep as soon as possible to maximize the sleep time during which you can be monitored. If you are concerned about your ability to fall asleep, we suggest you deprive yourself of some sleep the night or two before your test by either going to bed later or waking up earlier than usual. Bringing your own pillow from home may also make you more comfortable. You are also permitted to bring items that are important to your bedtime routine such as a radio, fan, book or bedtime snack. Smoking is not permitted in the building. Smokers should attempt to refrain from smoking the night of the test, or come prepared to smoke outdoors. *Please do not bring beepers or cell phones which may cause awakenings, disrupt your test and possibly effect the test results. (If you must have these devices with you, make certain they are turned **off** during testing.)* Testing is finished and most patients are discharged at about 6:30AM.

INSURANCE:

An overnight polysomnogram is billed as an outpatient lab test. There are two bills generated; one from Robert Wood Johnson University Hospital for the test itself, and the other from RWJMS-Rutgers for the physician reading and interpretation of the study. The sleep center has evaluated patients with almost all types of medical insurance. If you have traditional or private medical insurance, we recommend you contact your company prior to the test regarding coverage. You must bring in with you the prescription, authorization number or referral form obtained through the primary care or referring specialty care physician. Your insurance company may need the following information to verify coverage:

The CPT (or procedure) code for polysomnogram is 95810 or 95811, depending on whether you have a diagnostic test, or, if the test included a therapeutic trial of CPAP/BiPAP. If you are scheduled for a multiple sleep latency test (MSLT), the CPT code is 95805. For each procedure, a modifier (.26) is added to the code for physician reading fee. They may also want to know the diagnosis or why your doctor has requested this test. If your insurance company requires a letter of predetermination or medical necessity, contact your physician. If you have any other questions regarding insurance, you may call the sleep center and we will try to assist you.

Note: We will make every effort to be sure required authorizations/predeterminations are obtained well in advance of your scheduled sleep study. However, if we have **not** received required authorization/predetermination by 4pm the day before your sleep study we will call you to reschedule.

RESULTS:

The study will be scored and interpreted by one of our sleep professionals. The referring physician will receive a written report within 7 business days of the date of the study.



RWJUH Sleep Center at Somerset

331 Route 206 N
Hillsborough, New Jersey 08844
Phone: 908-927-8795
Fax: 908-927-8785

The Sleep Center is located on the second floor of the Medicor Building. It is on the corner of Route 206 N and Doctor's Way. When arriving please go to the second floor and follow the sign to the sleep center lobby.

Interstate 287 Northbound: Take Interstate 287 North to Exit 12 Weston Canal Road, Turn left onto Weston Canal Road, Continue onto Manville Causeway, make a left onto South Main Street, Turn right onto Hamilton Road, Turn right onto Old Somerville Road, Slight right onto Rt. 206 N, destination will be on right.

From Route 1: (from points north and south on Route 1) Proceed to Interstate 287. (The follow directions for Interstate 287 North)

From Garden State Parkway heading Northbound: Take Exit 127 for NJ-440 S/Industrial Ave towards I-287 N, Continue onto I-287 N. (Then follow directions for Interstate 287 North.)

From Garden State Parkway heading Southbound: Take Exit 130 Rt. 1 South towards Trenton, (Then follow directions for Interstate 287 North)

From Route 18 North: Take Exit for Rt. 27 South/French Street (Continue to follow Rt 27 S), Turn right onto Franklin Blvd, Turn left onto Hamilton St. (Continue onto Amwell Rd), Turn left to stay on Amwell Road, Turn right onto Somerset Courthouse Rd, Turn left onto Hamilton Rd, Turn right onto Old Somerville Rd, Slight right onto Rt. 206, destination will be on right.

From South on Route 206: Take Rt 206 North through Hillsborough. Go through traffic light at Andria Ave (Cost Cutters on left). Make right onto Doctor's Way. Building is on your left.

From Route 22 East of Rt. 202/ 206: Turn right for Rt. 202 South, Rt. 206 South towards Flemington/Princeton, Turn right for Rt. 206 South NJ 28 towards Somerville/Princeton, Keep left for Rt. 206, At roundabout take the third exit onto Rt. 206, About 4.8 miles turn left onto Doctors Way.

From Route 22 West of US 202/US 206: Turn right onto North Bridge Street, Turn left onto Rt. 206, in 3.2 miles turn left onto Doctor's Way.