

PATIENT INSTRUCTION FOR PEDIATRIC POLYSOMNOGRAM

Dear Parent or Guardian:

An overnight polysomnogram (sleep study) has been scheduled for: _____ on: _____

IMPORTANT: SHOULD YOU NEED TO CANCEL YOUR CHILD'S APPOINTMENT, kindly give the sleep center at least 48 hours notice so that we may fill your appointment with another patient (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 CHILD'S 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 and your medical insurance card. 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 auths/predeterminations by 4pm the day before your sleep study we will call you to reschedule.
2. Your child should NOT fast. He/she should eat dinner prior to coming to the sleep lab. Food will not be provided. If you think your child will need a snack during the night bring that with you.
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. One parent or guardian is required to stay throughout the night. Siblings and other family members will not be permitted to stay. The parent is expected to remain in the child's room with the child the entire night.
5. Bring pajamas (no feet pajamas or nightgowns). Your child may bring a doll, stuffed toy, blanket, etc. to feel more at ease. If needed, bring diapers, wipes, bottles, etc.
6. Bring necessary personal toiletries such as toothbrush, toothpaste, shampoo, etc. for washing up in the morning.
7. DO NOT give your child "sleeping pills", tranquilizers, or stimulants the day of the study unless he/she takes them on a regular basis. Your child may take other prescription medications unless you have been specifically directed otherwise. Bring with you any medication that your child may need while you are at the sleep center.
8. DO NOT give your child caffeinated beverages like coffee, tea or cola the day of the test.
9. Children over 2 years of age should stay awake the day of the study. Children under 2 years of age should not "nap" within six hours of the sleep study.
10. Please notify us in advance if you require or have special needs (such as wheelchair, oxygen, etc.) If your child is on an apnea monitor at home, bring the monitor in so that we may correlate any alarms with the sleep study findings.

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.



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.