



## Nocturnal Oximetry Study

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

### **What is a Nocturnal Oximetry Study?**

Nocturnal oximetry study is a test that is done to monitor your oxygen level and heart rate in your home overnight. You will come to the hospital to pick up a small hand held oximetry machine for this study and you will be given instructions on what you need to do. There is a small probe that clips on your finger and it will record your oxygen level while you sleep.

### **Why should I have Nocturnal Sleep Study?**

A nocturnal study can help your physician know how your oxygen levels are when you sleep. If your oxygen level drops while you sleep it may indicate the need for further testing.

### **Preparation:**

- Please bring photo ID

### **Procedure:**

A Respiratory Therapist or Nurse will give you instructions on how to use the oximetry machine. You will need to return the machine the next day. A pulmonary physician (a lung specialist) will interpret the study.

### **Outpatient Registration:**

Please park in the Mercy Parking ramp located at 8<sup>th</sup> Avenue and 8<sup>th</sup> Street SE. Enter the hospital at the South entrance on ground floor. Proceed to the Lung Center.

### **Your appointment date and time:**