

Overnight Oximetry

CARE OF THE OXIMETER

Please ensure the oximeter does not get wet, dropped or damaged in anyway.

Please **return the oximeter by 11am** the following day so that it may be downloaded and your data prepared for the doctor to report on.

We also need to prepare the oximeter for use by another patient.



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OXIMETRY

How does it work?

The oximeter looks a little like a watch, and it is worn like a watch.

The oximeter has a probe that is worn on the finger. The probe contains an infrared beam that is able to detect the oxygen molecules in the blood through the skin. The pads of our fingers are very vascular (full of blood) and this is why the probe is used here.

Oximetry is a screening tool that helps in the diagnosis and treatment of several disorders including Obstructive Sleep Apnea and Respiratory failure.

This is the oximeter face, wire and probe



It is always best to make an appointment to collect an oximeter so that we have one ready for you.

The best times for an appointment are *between* 1pm and 5pm Monday to Friday and on Saturdays *before* 1pm. If these times are difficult for you please talk to the secretary to make other arrangements.

What do I need to do?

- We require your current height and weight measurements and may do this for you at the practice if you are uncertain of your measures.
- The oximeter may be worn on either wrist, left or right it doesn't matter which one.
- Fit the oximeter comfortably to your wrist using the velcro strap.
- The oximeter "face" shows the oxygen and heart rate levels, these will change constantly.
- The oximeter "face" has 2 buttons under it but you do not have to press these buttons or anything.
- The oximeter senses via infrared when it is on or off your body and it will turn itself on and off as it needs to.
- Once the oximeter is attached to your wrist place the finger probe on any finger.
- Most people chose the pointer finger or middle finger as they seem to fit best.
- There is a diagram on the probe of a finger nail and this shows you which side to wear the probe on, so the picture of the finger nail is sliding over your finger nail. The underside is where the wire attaches to the probe.
- The wire from the "face" of the oximeter to the finger probe should run under the palm of your hand.
- If you feel you may pull the probe off through the night then securing the wire with a bandaid or medical tape is a good idea.
- Place the oximeter on when you are going to bed for the night
- Remember you do not have to press anything or turn anything on, the oximeter will do it once it registers that it is on your body.

Through the night

If you have to get up for any reason (toilet, make a snack) and you take the oximeter off please remember to place it back on when you go back to bed. It is very important we obtain as much information as possible. A couple of hours here and there through the night is better than a couple of hours and forgetting to put the watch back on.

The next morning

- Take the oximeter off and place it in the blue case provided.
- Return (or have someone return) the oximeter to the practice by 11am

Medical treatment

Our specialist is usually able to report on the data the same day or next day. A copy of the report will be sent to your GP or referring specialist within a couple of days. Your doctor will have elected to follow you up with the result her/his self or will have asked our specialists to see you and/or recommend further testing or treatment. In this case a secretary will usually contact you within 1-3 days of your test to arrange any further appointments.

Oximetry is bulk billed. However this **does require** a current referral from your doctor.

Repeating the test

While every effort is made to ensure the battery is full, the oximeter functioning and the patient able to apply the oximeter, there are rare occasions when the test may have to be repeated. This is when there is not enough data for the doctor to analyse.