INSTRUCTIONS

Contact your health insurance regarding coverage and your out-of-pocket expenses such as deductibles for insurance codes 95810 and 95811.

Before the Study:
• Schedule transportation to and from your study if you have been prescribed a sleep aid and are not sure of its effects
• Complete the Sleep Study Questionnaire(s)
• Avoid napping and caffeine on the day of your study
• Continue to take your normal daily medicines
• Bathe, wash & dry your hair; DO NOT use gel or conditioners; if your hair is tightly braided to the scalp it may need to be undone for application of the electrodes
• Please allow at least one finger to be void of special nail applications for the pulse oximeter to properly work

Bring to the Study:
• Photo ID, Insurance card(s) and Co-Pay
• Completed Sleep Study Questionnaire(s)
• Prescribed sleep aid or OTC along with current medication list and the prescriptions you take before bed in their original containers
• EISC does not supply food or drink. If diabetic, please bring a snack
• Pajamas or top & bottom sleep clothes; women can wear a bra underneath
• In your private room, EISC has cable TV and free WiFi or bring something to read
• Favorite pillow, toothbrush & paste, soap, other toiletries along with a change of clothes if needed

Directions
• From 380 North exit 20B – 7th St E; continue straight past 5th Ave; building is on the left; parking lot is located in front.
• From 380 South exit 19A – 5th Ave SW; make a right onto Diagonal which becomes 8th Ave; turn left on 8th St SE; building is on the left.
• From Hwy 13 take Mt Vernon Rd which turns into 8th Ave into Cedar Rapids; turn right at 8th St. SE next to Mercy Medical Center.

Dear _______________________________________

Your medical provider ordered a SLEEP STUDY for you in order to assess your sleeping and breathing patterns during a normal night’s sleep.

Your Sleep Study is scheduled on:

Date: ________________ at ________am/pm

Come to:
Eastern Iowa Sleep Center
600 7th St. SE, 2nd floor, Cedar Rapids, IA 52401
Phone: 319-362-4433 or 877-361-4433

Medical Director: Andrew C. Peterson MD, FAASM
Why an In-Lab Sleep Study?
• To identify sleep-related breathing disorders such as sleep apnea.
• To identify narcolepsy and other behaviors that could be harmful.
• To set correct levels of CPAP (continuous positive airway pressure).
• To identify why treatment is not improving the patient’s sleep disorder.

What is an In-Lab Sleep Study?
The In-Lab Sleep Study is painless, no needles or injections. Electrodes are pasted to your scalp, face, and legs along with other sensors attached to your body. During sleep, your brainwave patterns, heart rate, breathing, oxygen, and leg movements are recorded. An infrared light and camera allows your technologist to monitor your study. You will be awakened at the conclusion of the study.
• You will be able to move around in bed.
• You will be able to communicate with the technologist via intercom.
• Your technologist can disconnect the sensors if you need to use your bathroom.

Sleep aids
If your provider has prescribed a sleep aid for you, bring the filled prescription with you to the sleep study. The Sleep Technologist will instruct when to take it. If you are unsure about the effects of the sleep aid, please arrange to have someone pick you up after the study.

Communication
 Delayed or Late: If you are more than 15 minutes late, we may need to reschedule you.
 To Cancel: 24 hours is needed. A $75 no-show fee may be charged if you fail to cancel.
 Inclement weather: We may call to cancel and reschedule your appointment for your safety.
 Cold/respiratory infection the day of your study: Please call 319-362-4433 for advice.

Parking and entrances
Parking is located outside the main entrance of the 600 Mercy Medical Park building or in the Mercy parking garage on the North 2nd level, near the skyway. There are two entrances:
• MAIN ENTRANCE – Press the INTERCOM button located at the RIGHT of the handicap door which is located next to the rotating doors.
• 2nd FLOOR SKYWALK – From the 2nd floor garage of Mercy Medical Center, cross over 8th St. to the double doors at the end of the skywalk. Press the INTERCOM located on the right of that door.

After the Study
• If you are too sleepy to drive, please let the technologist know.
• Arrange for someone to pick you up by 5:30am if you do not drive.
• You may have minor skin irritation from the electrode application.
• You may shower and change clothes.

Report results
Based on your study information, a Sleep Physician will complete a report including recommendations. The report will be sent to your referring healthcare provider to determine options for treatment.

Follow-up
• A follow up visit is needed with your referring healthcare provider.
• If you do not have a follow up visit scheduled, please contact your healthcare provider’s office.
• If you have not heard from your healthcare provider within 10 days regarding your results, please let us know.