

SLEEP STUDIES AT THE CHOC MISSION SLEEP CENTER

WHAT TO EXPECT:

Arrive at CHOC Children's at Mission Hospital no later than 7 p.m. Please report to security in the main lobby of Mission Hospital. Be prepared to show identification. Inform the security personnel that your child is here for a sleep study at the CHOC Mission Sleep Center. After receiving a hospital badge from security, please use the house phone to dial extension 2309 for the Sleep Center. A Sleep Technologist will meet you in the lobby and escort you to the CHOC Sleep Center located on the fifth floor.

It is very important that you be on time for the test. A legal guardian/parent must stay with the patient throughout the entire test. Discharge is at approximately 6 a.m. the next day.

All medications prescribed for the patient should be taken as directed, prior to check-in. Due to space limitations, the patient should be accompanied by one parent or legal guardian only. No accommodations for siblings are available.

WHAT TO BRING:

- Sleepwear for patient (top and bottoms, nothing to cover feet)
- If your child uses a CPAP or BIPAP at home, please bring the mask
- Bottle and diapers
- Favorite stuffed animal, blanket or pillow
- Do not use ANY oils, creams or baby lotion on the patient prior to the test
- Bring your insurance card and be prepared to sign appropriate documents
- Please bring your CHOC Mission parking ticket with you so it can be validated prior to discharge

QUESTIONS:

- If you need to reschedule, cancel or have any questions the day of the study, please call the CHOC Diagnostic Services
- If you need to reach the CHOC Mission Sleep Center for last minute cancellations (after 6pm) on the day of the study, please call (949) 365-2309. Technologists will be at the Sleep Center by 6:30 p.m.
- Your child's referring doctor will receive results of the study in about two weeks. Based on the results, your child may have a follow-up appointment with a CHOC specialist.