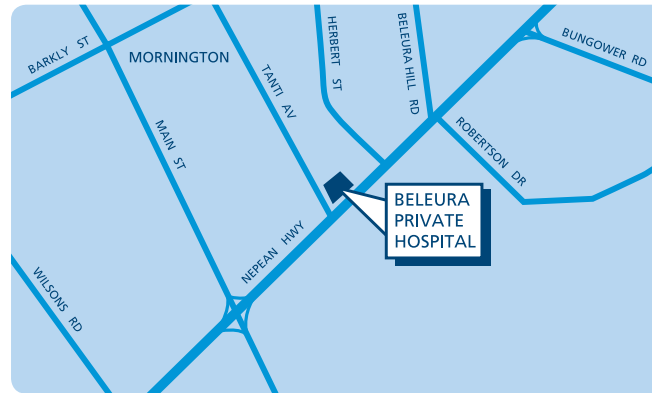


Included in the study

- Free parking
- Light supper
- Light breakfast
- Private room
- Shower and toilet facilities
- Tea and coffee facilities

How to find us



Patient information

Ramsay Health Care

Sleep Centre

Patient Information



Beleura Private Hospital
925 Nepean Highway
Mornington VIC 3931
ph: (03) 5976 0888 - fax: (03) 5975
9144
www.beleuraprivate.com.au

July 2016 Version 1

BELEURA
PRIVATE HOSPITAL

Booking

Your referring doctor will fax your referral to Beleura Private Hospital Sleep Centre.

You will be required to complete a Beleura Private Hospital admission form. This may be provided by your referrer or is available online at www.beleuraprivate.com.au. Please complete and return as soon as possible.

Our hospital staff will process your admission and contact you regarding details such as your Medicare and Health Fund information and a date and time.

Billing

If you have private health cover, we recommend you contact your health fund prior to admission to check for any excess, to check your level of cover or any co-payments required for a night stay in hospital. Any out of pocket expense must be paid prior to admission.

Cancellation

If you are unable to attend your sleep study for any reason, please call **03 5976 0888** as soon as possible to cancel and rebook your appointment. It is important that you give at least 48 hrs notice or a late cancellation fee may apply.

Before you come

Plan to have as normal a day as possible. Please ensure that your hair is washed on the day of the study. Hair oils, sprays, gels or conditioners are to be avoided as they interfere with the signals from the sensors.

Make up is not to be worn and please remove all gel and acrylic nails plus nail polish.

Please eat your evening meal before you arrive.

It is recommended that all valuables be left at home.

What to bring

- Something to sleep in
- Clothes for the following day
- Reading material
- Personal toiletry items
- Medications
If you take any medications including sedatives please bring them with you, no medications are kept on site.
- Personal items to help you sleep (such as your own pillow)

On the Day

Complimentary parking is available. Entry is via Nepean Hwy only.

Please arrive at 6:30 pm and present to main reception at the hospital. After the admission formalities have been completed you will be escorted to the Sleep Centre.

During the study

During the early evening the sleep technician will place measuring sensors on your body and head, to monitor your breathing and sleep. This will take approximately 1 hour.

You will be allowed to move around until bedtime, at which time you will be connected to the monitoring equipment in your room.

During the night, while you will still be able to move around in the bed, if you wish to use the bathroom, please alert staff so they can disconnect you from the equipment, then reconnect you on your return.

In the morning

You will be woken from 6am by the sleep technician in order to remove all the sensors. Light self service breakfast and showering facilities are available if required. You will be discharged by 7am.

After the study

The data from your study will be closely analysed and a report prepared by one of our sleep physicians.

To discuss the results, please make an appointment with your referring doctor, allowing at least two weeks after the sleep study.

