

WEST OTTAWA SLEEP CENTRE

IMPORTANT INFORMATION

ABOUT YOUR Child's SCHEDULED SLEEP STUDY AT WEST OTTAWA SLEEP CENTRE

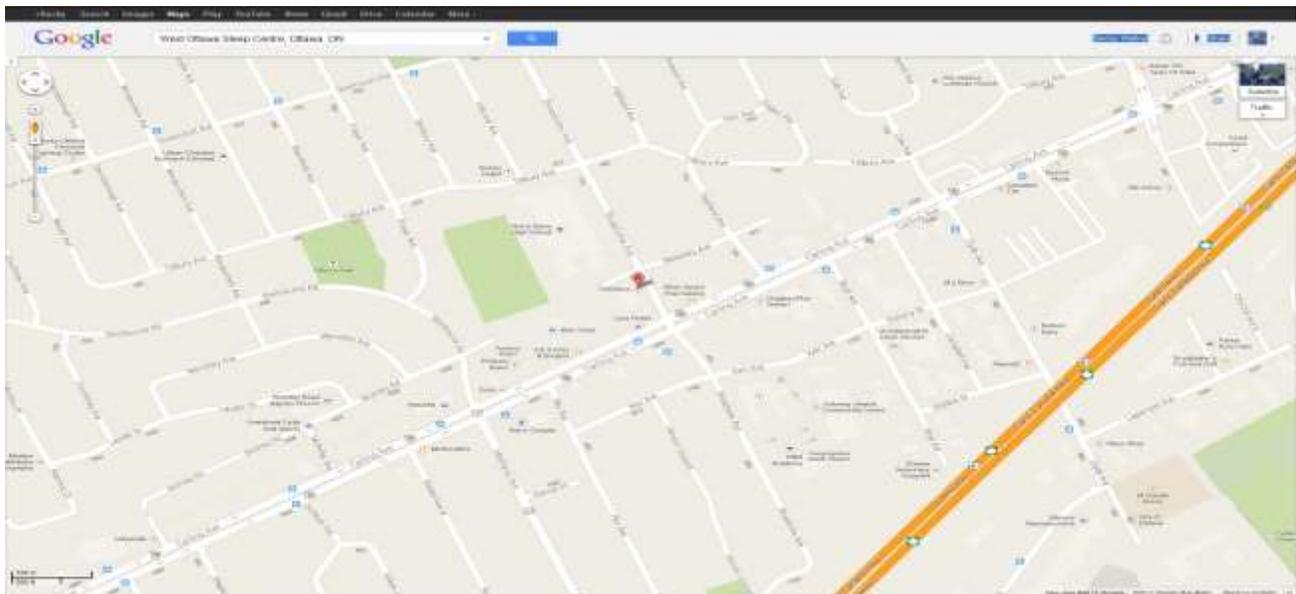
If there is any medical and/or allergy information we should know about you prior to your sleep study please reply to this email or call the lab. We are not a medical facility or are we located within a hospital and nurses are not available.

**** Please reply to this email confirming you have received the information****
A parent or guardian must stay with the child for the entirety of the testing

Cancellation Policy for WOSC – we require 48 hours notice prior to your scheduled sleep study if you need to cancel or change the appointment. Please call before NOON on Friday if you have a sleep study booked over the weekend.

A No show Fee of \$250.00 will apply if you do not follow the cancellation policy.

The WOSC Sleep Lab is located at 770 Broadview Avenue, Suite Basement 1



Driving directions:

East or West -**From the 417 (Queensway)** take the Maitland exit and go North on Maitland Ave. Turn right onto Carling Ave. and Broadview is the first set of lights and you turn left onto Broadview. The entrance to the clinic is immediately on the left.

By bus 85, WEST stop number 4910 or EAST stop number 4939

Parking is \$2.00 until 7:00 a.m. and your appointment will be completed prior to that time.
Leaving the parking lot any later than 7am will cost additional fees.

The entrance to the building is on the west side (parking lot side). The doors will be locked but you will see a key pad. Enter "**#0002**" (you will need to press the # sign first, prior to entering the 0002) and the Lab Staff will answer – Please state your name clearly and you will be buzzed into the building. Take the elevator to the basement and then the hallway to your right. The Sleep Lab is on the left side of the hallway.

Things to bring with you:

Patient's Health Card (OHIP) as the staff will need to validate the number.

A list of your child's current medications and please administer their medications prior to the appointment as prescribed by their physician.

Modest attire for sleeping – you are in an individual room, however, the washroom is for general use by patients and staff. We also suggest you bring slippers or sandals to wear.

Second pair of pajamas in the event of bed wetting during the testing.

A cot will be provided for the parent or guardian to sleep in while the study is occurring.

A parent or guardian must stay for the night as this is a medical appointment.

A bottle of water is recommended. Food is NOT permitted. Please finish all dinner plans prior to arrival.

You are welcome to bring a book, magazine or electronic device. Please feel free to bring a DVD of their favorite movie as there will be a DVD player in the room to help distract from the wire hook up.

Please Note:

No pop or caffeinated drink the afternoon of the study.

Please limit sugar intake on the afternoon of the study.

There are no showers at the Sleep Lab Clinic

We do not have wireless or wired internet connections

Wake up time will be between 6:00 and 6:30 a.m. If you need to be awake prior to that time please advise the Night staff as to the required wake up time.

Children are welcome to bring their favorite stuffed animal or blanket.

If you have any further questions please feel free to call the Sleep Lab at **613-722-9900 option 3**