

Overnight respiratory polygraphy study

This is an overnight study of your child's nasal flow, abdominal and chest movements, oxygen levels, heart rate, body movements, position and snoring.

The results of this study will help us decide about the right treatment for your child's symptoms.

Hospital respiratory polygraphy study

Your child will be admitted to hospital for this study. You should arrive at 6pm and will be woken at 6am to depart the ward by 7am. You will be able to stay with your child and should bring an overnight bag.

Once your child is settled in to bed the following will occur:

- A soft probe will be wrapped around your child's toe to monitor his or her oxygen levels while sleeping.
- Three sticky ECG pads will be attached to your child's chest to measure their heart rate.
- Two stretchy bands will be placed round your child's chest to monitor their movement.
- A small tube will be placed under your child's nose to monitor their air flow.
- A sticky pad may be placed on your child's neck to monitor their snoring.
- We may video your child while they are asleep to look at their pattern of breathing.

The recorded data

All information from the monitors is downloaded onto the computer where it is analysed by the sleep team and reviewed by a respiratory consultant.

The results

The consultant will review the analysed data from the overnight polygraphy study and a report will go back to the referring doctor. You will be copied in to this letter so you can discuss it with your doctor at your next clinic appointment.

Preparation prior to respiratory polygraphy

Your child's routine should remain the same as usual.

- Remove all nail varnish.
- Please do not apply moisturiser or oils to your child's skin.
- Nightwear to be worn as the device and sleep bands will be positioned over nightwear.
- Please wear two-piece nightwear or night gowns, so that the device and sleep bands can stay in position if a toilet break is needed overnight.
- Please refrain from bringing in any entertainment consoles and mobile phones, to ensure that we get your child to sleep as quickly as possible.

If you have any questions or concerns please contact the sleep team on: 023 8120 8368.

Further information

The respiratory centre
Child Health
G Level
Room EG217E
Southampton Children's Hospital
Tremona Road
Southampton
Hampshire
SO16 6YD

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8120 4688** for help.

www.childrenshospital.uhs.nhs.uk

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