



Vallejo

Outpatient Sleep Clinic

Care Instructions

Your Doctor has referred you for an outpatient sleep study.

If you do not already have an appointment, please call 707-651-2320 to schedule one.

The Vallejo Sleep Clinic is located in the Bayview South Building, 975 Sereno Drive, Vallejo, CA

Your appointment will take about 30-60 minutes, based on your specific testing needs.

During this group appointment you will be given instructions on how to use equipment that will record one night's sleep in your own home.

You will be asked to return the equipment to the Sleep Clinic in the morning (7-10 a.m.) of the next business day. If you cannot return it within this time-frame, please reschedule your appointment by calling 707-651-2320.

Please note the following instructions:

- *Please arrive on-time to register. Late arrivals may be rescheduled for the next available appointment.*
- *The testing equipment must be dropped off to the Sleep Clinic the next business day between 6:30-9 a.m. It may be returned by yourself or another person.*
- *The fingernails of your non-dominant hand must be trimmed and free of nail polish or artificial nail services. Please wear a t-shirt or similarly loose and comfortable clothing that can be worn to sleep at night because your testing equipment may include fitted belts that measure your breathing. Men should not use erectile enhancement medication within 24 hours of the appointment.*
- *Please Notify the Sleep Clinic (707-651-2320) if you have active atrial fibrillation, have a heart pacemaker, are currently taking an "alpha blocking" medication (e.g. clonidine/catapres, tamsulosin/Flomax, terazosin/Hytrin), or regularly take nitroglycerin or nitrates for chest pain or angina.*
- *You may have a copayment or additional charges depending on your health plan. For questions about how much your sleep test will cost you, please call Kaiser Member Services at 1-800-464-4000 and ask about your costs for the test code CPT 95806.*

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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Vallejo Sleep Clinic
707-651-2320

