







# TEST DAY GUIDE PULMONARY & SLEEP CARE

## BRING THIS

-  Photo ID & insurance card
-  Medication list & allergies
-  Inhalers/spacer (if used)
-  CPAP/BiPAP with power; SD card/app
-  Outside records or imaging (if you have them)
-  Comfortable clothing & flat shoes; portable oxygen if used

## BEFORE YOU ARRIVE

- Complete forms
- Hydrate; light meal
- Avoid caffeine after noon for PSG
- No lotions on sensor sites (HST/PSG)
- Please do not use any inhalers on the day of your PFT.
- If sedation is planned, follow fasting instructions and arrange a driver

## AFTER YOUR TEST

- Resume medications unless otherwise instructed.
- Results and next steps will be posted to the Patient Portal when available.
- Staff will review the plan and schedule a follow-up.

## CHECK-IN

- Arrive 15 minutes early
- Confirm contact and insurance information.
- Vitals taken (pulse, BP, weight, oxygen)
- Change into a gown if needed
- Lockers available for overnight sleep studies

## DURING YOUR TEST



### PFTs:

Take deep breaths; a bronchodilator may be used.



### 6-Minute Walk:

Walk the halls while wearing an oximeter.



### HST:

Receive a kit and training for home use.



If needed, our providers may refer patients to external sleep labs.



### Bronchoscopy:

Sedation with monitoring; recovery onsite.

**Updated: Oct 2025**