



Aspen Medical Monitoring

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PATIENT OVERNIGHT TESTING INSTRUCTIONS ON ROOM AIR

Using Respironics WristOx / Nonin WristOx

Your doctor has ordered this overnight oximetry test to measure your oxygen level and heart rate while sleeping, breathing room air.

Please note: You will need to go without your oxygen (if you have it at home) for the duration of this test. If you experience shortness of breath, please put your oxygen back on and continue the test – just log the time you put your oxygen back on in the “Notes” section of the Patient Activity Log.

STEP ONE: SET UP

1. Remove any fingernail products from your fingers.
2. Make sure the cable is plugged in to the oximeter securely.
3. Place the oximeter on your wrist like a wrist watch.



4. Insert your finger all the way into the sensor probe, with the cord resting on top of your knuckle. Do not use your thumb.

STEP TWO: BEGIN TEST

1. When the cable is plugged into the oximeter securely, and the probe is connected to your finger, you should see some items displayed on the screen. This means the oximeter is recording.
2. In the PATIENT ACTIVITY LOG, document the date and time you began this test.



STEP THREE: SLEEP

- Go to sleep.
- If the probe irritates your finger, simply change fingers.

STEP FOUR: END TEST

1. When you wake up in the morning, remove the finger probe from your finger and take the oximeter off your wrist. The oximeter's display should go blank, meaning the oximeter has turned off.
2. In the PATIENT ACTIVITY LOG, document the date and time that you ended the test.



NOTE: You were given additional pages to fill out. You must complete all pages and hand them to the courier when they come to pick up the equipment.

PLEASE CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THIS TEST.