



## CPAP (Continuous Positive Airway Pressure) Titration Study

Please review 48 hours prior to your study

### About the CPAP Titration Study:

Your physician has requested a CPAP Titration study. CPAP is a device used to treat obstructive sleep apnea. Obstructive sleep apnea is a disorder characterized by repeated episodes of stoppage of airflow caused by collapse and closure of the airway at the level of the pharynx. The concept of CPAP is to increase the pressure of the air that you breathe during sleep. Then, the inspired air, under pressure, acts as a splint and holds the airway open. CPAP is an extremely effective method of treating sleep apnea. The CPAP device consists of a mask, connected by tubing to a small air compressor that sits at the bedside. This machine does not breathe for you; it just changes the pressure of the air that you breathe.

Before going to sleep, the tech will fit you with a CPAP mask or nasal pillow device. The mask fits only over the nose or in the nostrils if a nasal pillow device is used. During the night of the CPAP titration, the pressure will be gradually adjusted by the technician until the apnea is resolved and airflow is normalized. You will be monitored as you were for the baseline study. After your study, your doctor will send a prescription to a medical equipment company who will supply you with the device unless your doctor has standing orders for us to order your CPAP machine after your study. If this is the case, we will automatically order the equipment for you. Please check with your doctor to determine who will order your machine for you.

Note: If you are unable to get in and out of bed on your own, a hospital setting may be more appropriate.

### Before the Study:

1. Wash your hair well within 36 hours prior to testing.
  - a. Do not apply hair products or body lotion.
  - b. You may shower in the laboratory before leaving in the morning.
2. Please eat a regular dinner before coming into the lab.
3. Limit caffeine to 1 beverage before noon on the day of the test. If you drink more than 2 caffeinated beverages/day, it is advisable to wean yourself off over several days to avoid rebound headaches.
4. Avoid all alcoholic beverages for 24 hours prior to your test.
5. Please bring pajamas, toiletries, a good book, a favorite pillow, and any other items that will make you feel more relaxed and enhance the possibility of recording a representative night's sleep. Leave your TV or DVD player at home.
6. Complete the attached questionnaire, being sure to include a list of your current medications and the dosage that you take. **Don't forget your referral and any co-payment.**

Note: Please give us at least 24 hours notice if you must cancel your appointment. There is a long list of patients who need studies. We appreciate your cooperation. A late cancellation fee of \$250 will be assessed if you fail to cancel.

**PLEASE call and schedule a follow-up appointment with your referring physician to go over the results of your study. Your physician will have the preliminary results 5 working days following your study.**

**Please arrive at 9:00 PM**

**Please call 301-961-3159 for the door code required for building entry**

**if you are not parking in the Barlow Building Parking Garage**