



## Caring for you safely

We understand that you may have limited your healthcare appointments due to COVID -19, and that you may have questions about returning to a healthcare location for sleep testing services.

We have added new cleaning procedures to our already high standards to ensure your safety. These procedures meet or exceed guidelines issued by the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) with respect to patient safety, workforce safety, personal protective equipment (PPE) and infection control, and the American Academy of Sleep Medicine (AASM).

Here are some of the steps we are taking to protect our patients. Please contact us at 617-796-7766 if you have additional questions.

### Triple Screening for Symptoms



We check with every patient three times before any appointment to confirm they are not experiencing, or have been in contact with anyone experiencing symptoms of COVID-19. This includes at the time of scheduling, 24 -72 hours before the appointment and again upon arrival.

### COVID Testing Prior to Sleep Study Appointments



For some procedures, patients must be tested for COVID-19 two-three days prior to their procedure and are requested to self-quarantine at home between the COVID test and their sleep testing appointment. Anyone that tests positive for COVID-19 must postpone their visit and may not enter the facility until cleared by his/her physician and no earlier than 14 days from the date of the COVID test and a repeat COVID test showing they are not positive for COVID infection.



### Enhanced Cleaning and Disinfection

We have always had high cleaning standards and use disinfectants approved for removing coronaviruses to clean and disinfect patient rooms, high-touch areas and common spaces like lobbies, hallways and waiting rooms. We have increased the frequency of cleaning common areas and removed reading materials and other non-essential items that are frequently handled and may be difficult to clean. As always, medical equipment and exam rooms are cleaned before and after every use. In addition, we make disinfecting wipes available for patients to use, for added peace of mind.



### Ensuring Staff Safety

All staff members have are screened for symptoms of COVID-19. In the case, a staff member reports any symptoms, they cannot return to work until they are evaluated by their physician and fully recovered.

To protect themselves and patients, staff members wear full Personal Protection Equipment (PPE) including masks, gloves, eye protection and other personal protective equipment when interacting with any patient.

### Hand Hygiene



Hand hygiene is the most essential part of our safety program. Staff members will wash their hands with soap and water or use an alcohol-based hand sanitizer before and after any interaction with you. Hand hygiene products are also readily accessible for everyone to use throughout our facilities.

### Masks for Everyone



All staff, patients, visitors and essential patient escorts must wear a mask at all times, except for patients when alone in his/her bedroom. For patients, visitors and escorts, a cloth face cover like a fabric mask is acceptable. A mask will be provided to anyone who arrives without one.

### Visitor Restrictions



Currently, visitors are not allowed into the sleep center. Essential escorts, when permitted, will be checked for symptoms of COVID-19 upon arrival. Masks or cloth face coverings must be worn at all times. Anyone with symptoms, a recent COVID diagnosis, or exposure to someone who was recently diagnosed with COVID-19 will be asked to postpone their visit and may not enter the Sleep Center.

### Secure Entrances and Exits



We have one door to enter to our sleep testing centers to ensure anyone entering, including patients, staff, approved visitors, and essential escorts, are checked for symptoms and wearing masks.

### Facility Changes



Our facilities have been carefully adapted with safety precautions in mind to accommodate and monitor appropriate physical distancing and pedestrian traffic flow.

### Touch-Free Check-in and Check-out



New processes may enable pre-registration to be done by phone or online in advance of your appointment and checkout. In addition, information collection and consent for testing can be given verbally rather than in writing, to minimize sharing objects like pens and clipboards.



**You are scheduled for a sleep test at Saint Elizabeth's Medical Center located at:**

**Saint Elizabeth's Medical Center  
7 Nevins Street, Boston, MA 02135  
617-796-7766**

#### **COVID TESTING REQUIRED**

If you've been informed that a COVID test will be required before your procedure, arrangements will be made through the Saint Elizabeth's Medical Center drive through testing center. You will receive a call from Saint Elizabeth's Medical Center to schedule the date and time of your COVID testing appointment 2-3 days before your sleep testing appointment. You may obtain your COVID test at another location, but the test must be completed no earlier than 3 days before your sleep study appointment, and you must provide us with a copy of the test that shows negative results **before** your sleep study appointment.

#### **INSURANCE INFORMATION**

Because insurance coverage varies, you should check directly with your insurance carrier regarding your specific plan coverage and any out-of-pocket expenses related to the test even if we have received authorization from your insurance company to perform the test. The contact number is usually available on your healthcare insurance card. However, The Center for Sleep Medicine personnel can answer some questions. They can be reached at 617-789-2545.

#### **WHAT TO BRING TO THE SLEEP TESTING CENTER:**

- Comfortable clothing/pajamas
- Small snacks (Please bring a cooler if refrigeration is necessary)
- Personal toiletry items (toothpaste, soap, etc.) If desired
- Anything that will make you feel comfortable on the evening of your study (e.g. pillow, book, magazine, etc.). TVs are provided in each patient room.
- Take/bring all regular and emergency medications that you need for the evening and following morning as prescribed, unless otherwise directed by your physician. Please bring a list of all current medications.

**Please note: the sleep testing center technologists cannot provide/administer any medications.**

#### **PREREGISTRATION:**

Prior to your appointment you must pre-register by phone, please call 781-884-0490 to pre-register. The process takes less than 2 minutes and will be asking for updated insurance information.

The direct lab number is (617) 562-7537.

#### **DIRECTIONS TO SLEEP TESTING CENTER:**

Enter the medical center campus through the Cambridge Street and Warren Street entrances. Proceed up the hill and park in the parking garage to your left, "Parking Garage B." The Sleep Center is located in the Seton building 6th floor, East, through the main entrance. Upon entry proceed to Elevator B and go to the 6th floor. When exiting turn left then take your first right and proceed down hallway toward 6 East until you reach the sleep center, room # 6550. The information desk is located at the main entrance and can assist you upon entry to the hospital for additional needs or questions.

#### **AFTER YOUR SLEEP TEST:**

If you are excessively sleepy upon waking, please arrange for someone to either drop you off or pick you up outside the building. If you are being dropped off, please remain in the car until you receive instruction from the technologist that can be reached at the number listed in the directions. Visitors will NOT be allowed to enter the building.

#### **OBTAINING YOUR TEST RESULTS:**

**Contact your referring physician for sleep study results. Study results will not be sent directly to patients.**

#### **FREQUENTLY ASKED QUESTIONS:**

##### **1. What is a sleep study?**

A sleep study is an overnight evaluation performed in a private room. It involves painless sensors that record information about your brain, heart, lungs and muscles. Information also is collected about the level of oxygen in your blood and your breathing.

##### **2. Do I need to take the next day off?**

No. Testing usually ends around your normal waking time or earlier. Each room has its own shower facility.

##### **3. Are medicines administered?**

No. We do not provide medications to help you fall asleep.

##### **4. What about my own medications?**

Continue to take all medications as prescribed by your physician. If you take sleep aids, please do not do so until you arrive.

##### **5. Will I be able to move and go to the restroom?**

Our state-of-the-art equipment allows you to sleep in any position. Also, if you need to use the restroom during the night, the technologist will disconnect the recording equipment so that you may move about freely.