

## 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.

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### No COVID Patients



MEEI closed overnight testing facilities in mid- March. Only sleep testing is provided in the Sleep Center bedrooms.

### 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



Patients referred for some procedures (Split or PAP titration studies) must be tested for COVID-19 2-3 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. They would have another COVID test again before proceeding with their sleep study.

### 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. We have added single use/disposable equipment to replace equipment that touches the mouth or nose. In addition, we make disinfecting wipes available for patients to use, for added peace of mind.

### Ensuring Staff Safety



All staff members will have daily screening to ensure they do not have any signs or symptoms associated with COVID-19. If 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. Patients will be able to remove their mask when they are ready to go to sleep. 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 facility.

### 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 to minimize sharing objects like pens and clipboards.

### Waiting Room Alternatives



We have implemented a procedure to bypass the waiting room, by requesting patients to call upon arrival to the parking area. This allows so that the technologist to meet the patient at the door to the Sleep Center, provide a mask and hand sanitizer, and immediately escort them to his/her bedroom. In addition, appointment arrival times are separated by at least an hour, to avoid more than one patient arriving in the center at the same time.

# MASSACHUSETTS EYE & EAR, QUINCY– SLEEP TESTING CENTER INFORMATION



You are scheduled for a sleep test at Massachusetts Eye & Ear located at:  
**500 Congress Street**  
**Quincy, MA 02169**

## INSURANCE INFORMATION

Check directly with your insurance carrier regarding any out of pocket expenses related to your test. Your insurance may not pay for 100% of your sleep study. Even if we have obtained precertification, or if the sleep study is determined to be “authorized” or “covered”, you may still be responsible for paying your co-pay, any non-covered portions, and any deductible as determined by your insurance.

## WHAT TO BRING TO THE SLEEP TESTING CENTER:

- Comfortable clothing/pajamas
- Small snacks (if necessary)
- Personal toiletry items (toothpaste, soap, and a cooler if you need to refrigerate food or drinks)
- 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.**

**To take extra precaution due to COVID-19, any belongings left at the lab will be disposed of. To avoid this, please be sure to take all belongings when you leave**

## DIRECTIONS TO SLEEP TESTING CENTER:

The center is located at 500 Congress Street (sign in front reads Crown Colony Medical Center) Enter at the back of the building at the door with an awning. **When you arrive, please stay in your car and call 617-804-4796 to inform the technologist of your arrival. They will meet you at the Sleep Center door, provide you with hand sanitizer and a mask if you do not have one, and escort you directly to your room.**

The Sleep Center is the first door on your right, suite 1C. Please note: if you arrive early, the technologist may not have arrived and the door may not be open. If you need to reach the sleep center on the night of your appointment please call: 617-804-4796

## AFTER YOUR SLEEP TEST:

If you are excessively sleepy upon waking, please arrange for someone to drive you to and from the sleep center or use public transportation/taxi service.

## 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. Do I have to go to sleep right away?

No, but the technologists will ask you to be in bed by 11pm to begin running the study. The study will conclude at 6am, unless otherwise directed by your referring physician.

### 2. Can I use the restroom?

Yes, a technologist will come in to disconnect wires so you can get up to use the restroom.

### 3. Will someone be in the room with me?

No, you will have a private room. There will be a small camera so the technologists can see sleep positions.

Please Note: Technicians will be placing sensors on you that let them monitor your heart, limb movements, snoring, breathing, and brain waves throughout the night. The sensors used to monitor your brain waves are placed on your scalp with conductivity paste. This is not glue and can easily be washed out of your hair when you shower at home. Most of the other sensors are placed with hypoallergenic tape or with an EMG pads. All these sensors are important and will help your physician make the proper diagnosis.