

Porter Physician Group
Associates In Neurology Sleep Lab
2000 Roosevelt Road, Suite 201
Valparaiso, IN 46383
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PRE-STUDY PATIENT REQUIREMENTS and INFORMATION POLYSOMNOGRAM, CPAP TITRATION and CPAP RETITRATION

Scheduled on _____ at ___am/pm and _____ at ___am/pm

(CENTRAL TIME, front entrance, door A)

INSTRUCTIONS for DAY of TESTING:

NO caffeine after 10:00AM, NO alcohol and NO naps. Eat meals, take medications, and clean/dry hair (no gel/hairspray). Bring sleepwear (top & bottoms), driver's license, insurance card(s), medication list, and sedation (if instructed).

The sleep technician will meet you at the building entrance at the designated arrival time (noted above) to escort you. Testing will end at 6:00AM (unless otherwise notified) and you should be ready to leave by 6:30AM. Once your sleep study has been read by our physician(s), you will be contacted with results.

If you are positive for Sleep Apnea, we will schedule a 2nd sleep study with CPAP titration to establish a setting for the CPAP device and find a mask that is comfortable for you. After the 2nd study, ensure you have a follow-up appointment with the ordering physician to go over testing and receive the prescription/order and required documentation to obtain your CPAP device/supplies. At that time you will be given a list of DME (durable medical equipment) companies from which you will obtain your CPAP device/supplies.

CPAP is a prescribed device requiring a prescription/order. Insurance companies require follow-up with a physician after set up of the CPAP device and periodically thereafter.

If you are negative for Sleep Apnea, ensure you have a follow-up appointment with the ordering physician to go over testing.

POLYSOMNOGRAM, CPAP TITRATION, and CPAP RETITRATION (sleep studies and definitions):

Sleep Apnea is when a person stops breathing during sleep. A **POLYSOMNOGRAM** diagnoses Sleep Apnea. Patients stay overnight in the sleep lab and electrode wires are placed on the face, scalp, and legs, elastic respiratory belts are placed around the chest and abdomen, a pulse oximeter is placed on a finger, a snore mic is placed on the neck, and an airflow sensor is attached to a cannula below the nose.

If Sleep Apnea is diagnosed, the treatment is **CPAP (Continuous Positive Airway Pressure)**. The patient returns for a second study which is a repeat of the first study except a mask covering the nose or a mask covering the nose and mouth is utilized during sleep which is connected to a CPAP device that delivers continuous positive air to open the airway. A heated humidifier may also be used with the CPAP device for patient comfort.

CPAP RETITRATION is an overnight study in the sleep lab to adjust current pressure. This may be necessary when a patient continues to have excessive daytime sleepiness, snoring, weight gain or loss, or any other sleep-related symptom, or a feeling that the current pressure is not enough pressure or too much pressure. This is also a good time to try different masks.

SPECIAL NEEDS and/or ADDITIONAL ASSISTANCE:

If you require additional assistance, please inform us and a family member or friend may accompany you.

24 HOUR CANCELLATION NOTICE is required. A cancellation fee may be incurred if notification is not received.

BILLING and INSURANCE:

Associates In Neurology verifies insurance eligibility. **Referring physicians' offices are required to obtain pre-authorizations.** However, it is ultimately the **patients' responsibility to ensure insurance companies are contracted with Associates In Neurology and that pre-authorizations are obtained.**

Insurance companies may ask for **CPT codes (PSG 95810, PSG with CPAP 95811)**. Billing statements from Associates In Neurology will be submitted to insurance companies for services rendered. **BILLING QUESTIONS: 219-364-3645 (Associates In Neurology).**