



Sleep Lab Requisition
Bookings: 416-747-3700
Fax: 416-747-3781

Patient Information:

Finch Reactivation Care Center
2111 Finch Avenue West
Main Floor
Toronto, ON M3N 1N1

Alternate Phone #: _____

Patient gave Informed Consent

Referring Physician: _____

Copies to: _____

Copies to: _____

SLEEP TESTS (see reverse for instructions)

Note: a \$541.00 charge will be applied, if you don't come or cancel, without giving 24 hr notice before test.

- Adult Baseline Sleep Study
- CPAP titration
- Oxygen Requirements: _____ LPM
- Split Night Study (Baseline & CPAP)
- Paeds Baseline Sleep Study
- BIPAP titration
- Pre-Op Study
- Dental Appliance
- Post Op Study
- Other: _____

Reason for Referral:

- Snoring / Suspected Sleep Apnea
- Chronic Insomnia
- Restless Leg Syndrome/
Periodic Leg Movements
- Nocturnal Movement Disorder
- With sleep meds
- No sleep meds
- Other: _____

Appointment date: _____ at _____ am pm
Month Day Year

Additional Comments:

Note: Requisition must be signed by ordering physician in order to have appointment booked

Form # 103203, version (06-2018)

Physician's Signature

Date

PLEASE SEE BACK OF THIS REQUISITION FOR DIRECTIONS AND TEST INFORMATION



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Patient Instructions

What is Sleep study?

A sleep study helps to diagnose and evaluate a number of sleep disorders. Several electrodes are placed on your head, chest and leg. Nothing goes in or under your skin. You will sleep in the Sleep Clinic all night in a private room.

What should I bring?

Your Health Card

A list of all the medications and the dosage you take. Also bring medications you will need to take for the night

If using CPAP bring the machine, tubing and the Mask.

Two piece pajamas or T-shirt and shorts, personal items such as toothbrush

Your own pillow if you would like

A change of clothes for the next day if needed

A book, magazine, Walkman if you wish

Before the Test...

Shower /shave before coming in for your sleep study. Do not use body lotion, hair spray, mousse or gel. Remove nail polish

Take all prescribed medications, unless otherwise instructed by your doctor

Avoid to drink caffeine beverages such as coffee, tea, cola or alcohol on the day of the test.

There are no restrictions to your eating. Eat a normal meal prior to your Sleep study

You may bring a drink and snack

Do not bring large sums of money or jewelry with you for your appointment

Do not take any nap on the day of the Sleep study.

Coming to the Test...

Please come 15 minutes before your appointment to register

Overnight parking is available for a fee.

Your wakeup time the next morning is 5:30 to 6:00 am. You may resume normal life.

- No alcohol or caffeine the day of the Sleep study.
- Bring a 2 piece nightwear, clean shaven, shower and do not wear any gel or lotion.

Note: Sleep Lab is located at the Finch Site Only

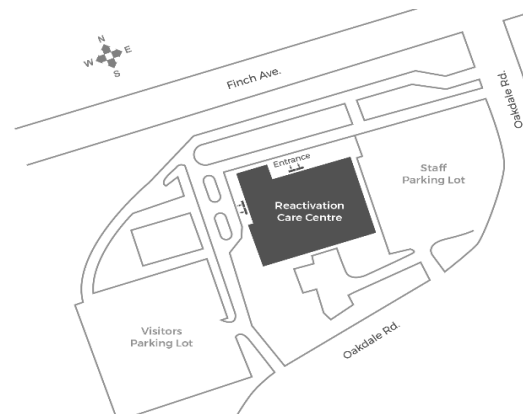
Address: 2111 Finch Ave West- Inside the Reactivation Care Center

Main Floor (2nd level).

***Rescheduling and Booking 416-747-3700 .**

Note: For Instruction, after 7 pm call 416-747-3700

(Staff can answer concerns but cannot book appointment.)



FOR BOOKINGS, CANCELLATIONS OR INQUIRIES PLEASE CALL 416-747-3700