

Your safety is our top priority.



Beth Israel Lahey Health is pleased to introduce BILH Safe Care.

BILH Safe Care combines new processes, standards and technologies to ensure your safety when you visit for routine care, consultations, screenings, procedures, surgeries or any other medical need. Our safety measures meet or exceed guidelines issued by the Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) for patient safety, workforce safety, personal protective equipment and infection control.

Here are some of the steps we are taking to protect our patients:

Three-Point Symptom Check



We check with every patient three times before any medical appointment to confirm they are not experiencing symptoms of COVID-19.

Enhanced Cleaning and Disinfection



We've enhanced our high cleaning standards and increased the frequency of cleaning. We use disinfectants approved for removing coronaviruses to clean and disinfect exam rooms, high-touch areas and common spaces.

Hand Hygiene



Hand hygiene is the foundation of our safety plan. Staff members will wash their hands before and after they care for patients, and hand hygiene products are readily accessible for everyone to use throughout our facilities.

Facility Changes



Our facilities have been carefully adapted to support physical distancing and safe pedestrian traffic flow.

Waiting Room Alternatives



Many facilities offer text messaging to notify patients when their visit is about to begin to keep our patients comfortable while they wait.



For more information, visit [bilh.org/safe care](https://bilh.org/safe-care).

Separate Care Locations

Patients with symptoms or a diagnosis of COVID-19 in the past 21 days who may still require special precautions during their care are directed to either a dedicated site, a location offering specific hours or an area with physical separation where other patients without COVID-19, or other respiratory infections, are not present.



Staff Precautions

Before every shift, staff must complete a form confirming they don't have any of 12 symptoms associated with COVID-19. Any staff with symptoms cannot return until evaluated and fully recovered.



Masks for Everyone

Staff are required to wear masks, and patients and visitors are required to wear masks or face coverings at all times. Patients will be able to remove their mask when they are ready to go to sleep. A mask will be provided to anyone who arrives without one.



Touch-Free Check-In and Check-Out

New processes may enable pre-registration by phone or online and check-out through touchless payment to minimize sharing objects like pens and clipboards.



Testing Prior to Surgery

All patients having surgery or certain procedures are tested for COVID-19 approximately 48-72 hours prior to their procedure.

BETH ISRAEL DEACONESS – SLEEP TESTING CENTER INFORMATION



Beth Israel Deaconess Hospital
Milton

You are scheduled for a sleep test at Beth Israel Deaconess Milton located at:

199 Reedsdale Road Milton, MA 02186

617.796.7766

COVID TESTING PRIOR TO YOUR SLEEP STUDY

If you have been informed by the scheduler that a COVID test will be required before your procedure (SPLIT or CPAP STUDIES) arrangements will be made through the **Beth Israel Milton Hospital** drive through testing center. **You will be contacted** by BID with an appointment date and time at the drive-through location in Milton 2-3 days prior to your sleep study. 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

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.

WHAT TO BRING TO THE SLEEP TESTING CENTER:

- ☐ Comfortable clothing/pajamas
- ☐ Small snacks (Bring a cooler to keep with you 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.

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.

The sleep center is located at 199 Reedsdale Road Milton, MA 02186. **PARK** in the parking lot located near the **Emergency Room Entrance. When you arrive call the Sleep Center at 617-313-1256 to let them know you've arrived.** ENTER through the EMERGENCY ROOM. Hospital staff will provide you with a mask upon entry. Take a left at the end of the hallway, then a right at the end of the next hallway. The B BROOKS ELEVATORS will be down the hall on the left. Take the elevator to the 2ND FLOOR. The technologist will greet you outside the elevators on the 2nd floor. The technologist will then escort you directly to your room.

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. 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, it will be easy to get out of the wires so you can 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.