



BRIGHAM AND WOMEN'S
Faulkner Hospital

Caring for you safely in the Sleep Testing Center

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 the Sleep Testing Center at **617-796-7766** if you have additional questions.

No COVID Patients



BWFH closed overnight testing facilities in mid- Marchand have not been used for the treatment of COVID patients and are located away from other patient care areas.

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 that will be tested using with procedures using masks must be tested for COVID-19 within 48 hours before their sleep study appointment 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 30 days from the date of the COVID test. They must have another COVID test to determine they are COVID free 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 nose. In addition, we can make disinfecting wipes available for patients to use, for added peace of mind.

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 facility

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.

Secure Entrances and Exits



All entrances are staffed to ensure anyone entering, including patients, staff, and approved essential escorts, are checked for symptoms and wearing masks. The Sleep Testing Center has one entrance, to limit access to the area.

Facility Changes



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

Masks for Everyone



Anyone entering the hospital, including patients and essential patient escorts must wear a mask at all times, except for patients when alone in his/her bedroom. A mask will be provided to anyone entering the hospital.

Touch-Free Check-in and Check-out



Our processes enable pre-registration to be done online in advance of your appointment Patient Gateway. In addition, E-check is also available through Patient Gateway for consent for testing rather than in writing, to minimize sharing objects like pens and clipboards.

Visitor Restrictions



Visitors are currently not allowed in the hospital. Essential escorts when allowed, are checked for symptoms of COVID-19 upon arrival. If approved to accompany the patient, masks must be worn at all times. Anyone with symptoms of, a recent diagnosis of, or exposure to someone who was recently diagnosed with COVID-19 will be asked to postpone their visit and may not enter the facility.

Waiting Room Alternatives



We have implemented a procedure to bypass the waiting rooms. The technologist meets the patient at the door to the Sleep Center, and immediately escorts them to his/her sanitized bedroom. In addition, appointment arrival times are staggered, to avoid more than one patient arriving in the center at the same time.

You are scheduled for a sleep test at Brigham & Women's Faulkner Hospital located at:
1153 Center Street Suite 5M, Boston, MA 02130
617.796.7766

PRE-REGISTRATION:

Please register for Partners Patient Gateway prior to your appointment. Visit www.patientgateway.org/ to register or call 617-983-7104.

INSURANCE:

If your insurance requires a pre-certification and we've received authorization, this does not guarantee 100% coverage. Because coverage varies, check directly with your insurance carrier regarding your specific plan coverage and out-of-pocket expenses related to the test.

WHAT TO BRING TO THE SLEEP CENTER:

- ☐ Comfortable clothing/pajamas
- ☐ Small snacks (Please bring a cooler for any food that requires refrigeration)
- ☐ Breakfast and lunch (not provided by the hospital). Bring any food in a cooler to keep with you.
- ☐ Personal toiletry items (toothpaste, soap, etc.) If desired
- ☐ 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 note: the sleep center technologists cannot provide/administer any medications.

SLEEP CENTER LOCATION:

Please enter through the **3RD FLOOR ENTRANCE**. When entering the driveway to the hospital, take a left to the back of the hospital. Park in the **SURFACE AREA LOT, OR** the **PARKING GARAGE** and enter through the **HILLSIDE** entrance. There may be signage that indicates "EMPLOYEES ONLY", but SLEEP CENTER patients are expected at this entrance as well. A staff member will meet you at the entrance to provide a screening and a mask. You will take the elevator to **5th floor**, exit *right*, and turn *left* at hallway to **SLEEP TESTING CENTER: 5M**.

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.**

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, there is a private restroom available in your Sleep Room.

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.

OBTAINING YOUR TEST RESULTS:

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