

**McLaren Print System Order**

**Order No: 43385**  
**Order Date: 2019-03-06**  
**User: Andrea Bennett**  
**Phone: 342-3900**

**Ship Location: McLaren Flint Beechill Ctr**  
**G3200 Beecher Rd**  
**Flint, MI 48532**

**Forms**

**Quantity: 500**  
**Paragon Dept No: 36110**  
**Dept Name: Sleep Center**  
**Company Number: 60**

**Order Total Price: 24.90**

**Item Number: M-35035**  
**Item Description: Appt/Instruction Sheet (Beech-Hill Centre)**  
**Revision Date: 7/2014**  
**Print: 2 sided black and white**  
**Paper: 20# Buff Text**  
**Size: 8.5 x 11**  
**Fold:**  
**Finish:**  
**Drill:**  
**Misc Info:**

**McLAREN SLEEP DIAGNOSTIC CENTER**  
 Beech-Hill Centre • G-3200 Beecher Road, Suite 217 • Flint, MI 48532 • (800) 342-3900

**Dear Patient:**  
 You have been scheduled for a **sleep study** to begin at \_\_\_\_\_ A.M./P.M.  
 on \_\_\_\_\_.

You have also been scheduled for a second appointment for a CPAP titration which may be cancelled depending upon the results of your first study. You will keep this appointment unless contacted by our Center for cancellation.

Your **CPAP appointment** is at \_\_\_\_\_ A.M./P.M. on \_\_\_\_\_.

Please do not arrive prior to 8:00 pm as the building will be closed.

Your insurance requires a minimum of 6 hours of testing time and it will take approximately 15 hours to prepare for the study and a half an hour for disconnect. This totals an 8 hour minimum shut time. **Please contact us if you need to change your arrival time or date to allow for this testing time.**

If you are excessively sleepy, driving may be dangerous. Please make arrangements to be dropped off and pick-up from your sleep studies if you are excessively sleepy or anticipate difficulty sleeping during your study.

To minimize noise, we try to begin all sleep studies no later than 11:30. If your bedtime is usually much later, please plan on waking early the day of your sleep study appointment to accommodate the earlier bedtime.

If you did not complete a sleep questionnaire at your physician consult, we have placed one in the packet. Please complete as soon as possible and return in the envelope provided. If your sleep study is only a few days away, just complete and bring the questionnaire with you.

When entering the Beech-Hill Centre, you will circle toward the left. You will enter through the double doors into the vestibule. You will press the intercom to alert the staff of your arrival. The technician answering your call will ask your name and the door will be released for you to enter. Continue straight ahead to Suite 217. A technician will meet you and escort you to your private room. Sleep testing is a painless procedure and you need not be apprehensive. If you have any questions or concerns, please call our center at (800) 342-3900.

**Spec Info:**

- How to Prepare**
1. Shower, shave and shampoo hair. Beards and mustaches are acceptable, but stubble is difficult to attach electrodes to. Do not use any oils and minimal conditioners, or cream rinses. Clean dry hair and skin is imperative for good test results.
  2. Eat a normal evening meal.
  3. Avoid caffeine after 5:00 pm.
  4. Continue your normal medications unless instructed otherwise by your physician.
- \*\*\*\*\* - See Reverse Side - \*\*\*\*\*