

## OSHAWA-DURHAM SLEEP LABORATORY INC.

### **Sukarno N. Chaudhry, FRCPC, ABIM**

Practising in Sleep Medicine  
Board Certified in Sleep Medicine  
and Respiratory Medicine  
Medical Director and Quality Advisor

### **Varinderjit S. Parmar, FRCPC**

**ABPN, DRCPSC** (Sleep Medicine)  
Practising in Sleep Medicine  
Board Certified in Psychiatry  
Associate Physician

### **Malcolm Blagrove, MD, FRCPC, DRCPSC**

Practising in Sleep Medicine  
RCPSC Specialist in  
Respiratory and Internal Medicine  
Associate Physician

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### **APPOINTMENT CARD**

Lab and Office Location: **Oshawa Durham Sleep Laboratory**  
**292 King Street West, Oshawa, ON L1J 2J9 Phone: 905-436-6163**

The health and safety of our patients and staff has always been our top priority however during this time, we must take additional precautions. We ask that you please read the following instructions carefully.

**Our spaces in the laboratory and office are limited; if you fail to arrive for your study or office appointment without providing us with 24 BUSINESS HOURS notice, you will be charged a fee.**

**Failing to arrive for a lab appointment will result in the charge of the full technical fee of \$390.**

**A missed office appointment will result in a charge ranging from \$35-\$215 dependent on the type of appointment.**

**\*IF YOU HAVE ANY SPECIAL CONSIDERATIONS THAT WE NEED TO BE AWARE OF, PLEASE CALL OUR OFFICE SO THAT WE CAN LET YOU KNOW IF THEY CAN BE ACCOMODATED.\***

1. Arrival times are staggered. Please do not arrive more than 5 minutes prior to your appointment time. Please keep this in mind if you are arranging for a ride to drop you off at the facility. We ask that you do not arrive late for your appointment as this will be disruptive to our co-ordinated arrival times.
2. Upon arrival at your appointment time, press the bell if the building door is locked and wait for a technologist to come down to open the door. Please note technologists may not always be able to come down immediately as they may be busy attending to another patient. Your patience is appreciated.
3. Please bring a pair of indoor shoes or slippers. On snowy and rainy days, we ask that patients remove their shoes as the floors can be slippery.
4. You will be shown to your designated bedroom for the night. Please remain in your bedroom unless you need to use the washroom or you are being prepped for your study. There will be additional paperwork to complete asking about your previous weeks sleep schedule. Please bring reading glasses with you if needed.
5. Once you have arrived and settled in your bedroom, you will not be permitted to leave for a cigarette. Failure to adhere to this will result in you being asked to leave the laboratory and your study will not be completed.

6. Bring an overnight bag with any personal items needed including **2-piece** pyjamas (or a loose-fitting t-shirt and shorts/track pants). Do not bring a nightgown to sleep in. Please also bring a face cloth and towel. You may also want to bring with you some reading material. WIFI is **not** available in the lab.  
**NO PERSONAL BEDDING FROM HOME IS ALLOWED. – Strictly enforced.**
7. Remove all makeup prior to coming to the lab and please ensure your hair is free from any excessive hair products. Please do not come to the lab with wet hair. Do not use moisturizing cream after 6pm. Men should shave with the exceptions of full beards or moustaches.
8. Please bring any prescribed medications that you normally take before bed, a list of any other medications that you take and your Health Card. You will be asked by the technologist about your regular medications, medications taken on the day of the study and ones taken before bed. This information is important for our physicians.
9. Please bring your own water bottle. You may bring a light snack if needed before bed (nothing that requires cutlery, refrigeration or warming).
10. On the day of your testing, do not nap through the day and do not consume any beverages containing alcohol. Eat a regular meal for dinner before coming to the lab. Do not consume any beverages or foods containing caffeine after 4pm on the day of testing.
11. Patient dismissal times are staggered. Wake up will be between 5:30am and 6:15am depending on data obtained during your study and patient requests for early dismissal. If you are arranging a ride to pick you up, please note that the lab closes at 7am each morning for disinfection. You may speak to the technologist prior to bedtime if you need to be woken up at a specific time dependent on your ride. We will do our best to accommodate all requests.
12. We regret that our shower facilities will not be available at this time. You may want to bring a hat or scarf as there may be leftover paste in your hair following testing.

If you have any questions or concerns, please call our office, Monday to Friday at 905-436-6163 from 9am to 4:30pm.

Thank you.