

Wednesday, December 12, 2012
12:42 PM



Date

Dear XXXXX,

Your diagnostic sleep study is scheduled for _____ at _____ M. If you must cancel or reschedule please allow us a 48 hour notification, as we have worked diligently to prepare for your test. A few items for your preparation:

Patient Preparation

- Bathe and make sure your hair is clean and dry.
- Eat your dinner as usual but keep in mind that we do not want you to eat a large meal 4 hours prior to your sleep study.
- After 5 pm limit your fluid intake. No caffeine.
- Take your medications as normal.
- Women: no makeup or lotion, deodorant is fine.
- Men: if you have a beard or mustache you may leave it on.
- Wear the clothes you normally sleep in, a two-piece outfit is recommended.
- We ask that you try not to take a nap on the day of your sleep study.

Please feel free to contact us at the number below if you have any questions or concerns.

Sincerely,

ENTICARE
t. 480-214-9000