

Sleep Centre

Group CPAP collection

Information for patients, relatives and carers

Introduction

Obstructive sleep apnoea (OSA) is a relatively common condition where the walls of the throat relax and narrow during sleep, interrupting normal breathing. This leaflet will give you some information about what to expect when you come in for your appointment.

Figure 1: CPAP machine

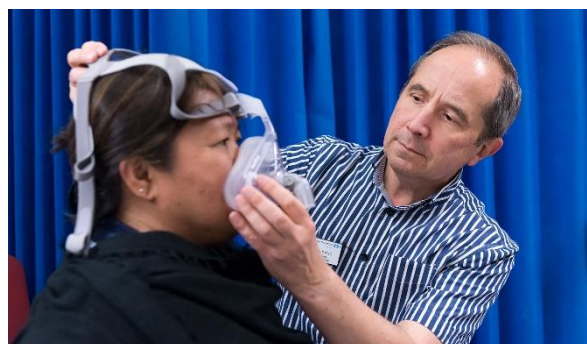
Treatment for OSA

Continuous positive airway pressure (CPAP) is a treatment for sleep apnoea. CPAP stops your airways from narrowing whilst you sleep by delivering a continuous supply of compressed air through a mask. This will allow you to sleep better and help to maintain the correct oxygen levels.



Your appointment

During your appointment we will discuss the symptoms of OSA, possible causes, complications and how to prevent it. You will also collect your CPAP machine.



This will be a group appointment attended by up to four other patients. As we only have limited space in our room, friends or family members will not be able to attend the appointment with you. **If you have any concerns or need a translator or a carer to attend with you, please contact us to discuss.**

Group appointments will only take place when it is safe to do so considering health and safety guidelines.

To protect patient privacy, we can only give general information during this session. **You are welcome to ask us any questions you have about OSA** and if you have any specific queries about your sleep study results, please ask a member of staff after the session.

What happens next?

Following your CPAP collection, we will send you a follow-up appointment by post. This will likely be a telephone or video consultation.

On the day of your appointment, 10 minutes before your time slot, make sure to be near your telephone or to be logged into the video link and have your CPAP machine, tubing, power supply and mask by your side. **It's very important that you attend your follow-up appointment so we can guarantee and maximize the success and benefits of the therapy.**

If you cannot make your appointment, please let us know as soon as possible so we can give your appointment to someone else and confirm a new date and time with you. Please call us on 020 3311 7188 or email us at imperial.sleeplab@nhs.net

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

