

Transcutaneous Carbon Dioxide test

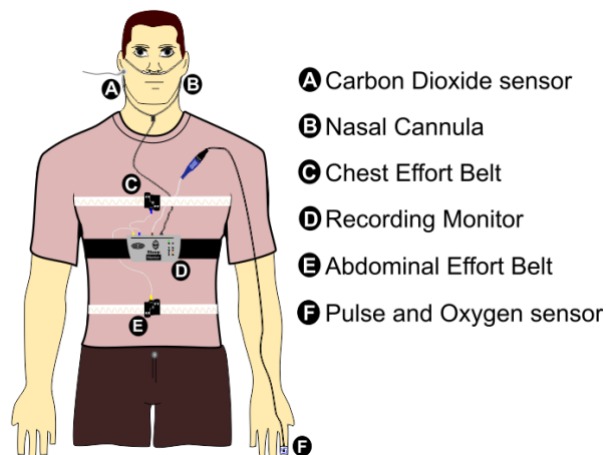
The transcutaneous carbon dioxide test measures your breathing while you are asleep and see how well your lungs get oxygen in and carbon dioxide out. This test will be performed in hospital and you will need to stay overnight.

The results from this test will help us to understand if your current symptoms are caused by the way you breathe at night. The results will also help us to determine appropriate treatment, if necessary.

What does the test involve?

You will wear a small, portable monitor while sleeping. Sensors will be placed on your body around your waist, chest, finger, nose and ear.

We will also monitor your sleep with audio and video recording.



The following morning we will take a small blood sample from your wrist. This will confirm your oxygen and carbon dioxide levels.

How long will the test take?

You will be asked to attend an appointment in the evening at 20.30. Please make sure you have something to eat before attending as we do not provide an evening meal. By 23.30 you should be ready to go to bed.

We normally wake you up at 07.00. If you wake up earlier we will encourage you to stay in bed until wake up time. You will have your breakfast at 07.00.

You can go home once you have had the blood test. This will normally happen by 09:00.

Before attending your test

If you need a translator or a carer to attend with you please contact us to discuss.

Carry on taking your medication unless you are told to stop.

If you suffer from a chronic lung condition, we will only be able to perform the test if you are stable. Please call the sleep centre if you have had a recent chest infection.

Please remove any nail varnish, false nails and earrings before attending.

What do I need to bring?

Please remember to bring with you:

- comfortable and loose nightwear
- toiletries and a towel
- regular medication
- reading material (if desired)

You will also have to bring a list of the medication you take and a completed sleep diary.

At the sleep centre

When you arrive a member of staff will direct you to your private room where you will be asked to get changed and ready to go to bed. We normally start setting up the equipment at 21.00.

The member of staff looking after you will monitor your sleep from another room.

Sometimes we have to relocate the leads and you may need to wake up momentarily.

During the night you will have a small sensor attached to your ear. This may feel warm and tingly.

Your sleep test results

The results are analysed in detail by a highly specialised physiologist and can take a few weeks to process. The information recorded will be discussed with a doctor. You will receive a letter with your test results.

If you need treatment, our administrator will contact you to book an appointment.

How to find the sleep centre

The sleep centre is located on the fourth floor. We have specialist sleep rooms on both the north and south wing. Your appointment letter will tell you which wing you need to go to.

If you need to contact us you can reach us on 020 3311 7188. Alternatively our email address is imperial.sleep@nhs.net

How do I make a comment about my experience?

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 3313 0088**. You can also email PALS at imperial.pals@nhs.net

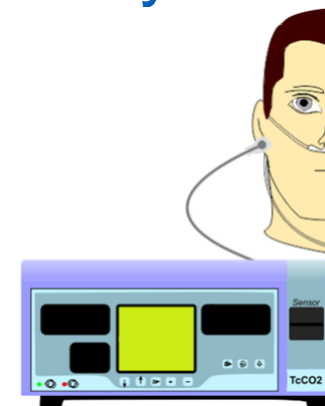
Alternatively, you may wish to complain by contacting our complaints department: Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY
Email: ICHC-tr.Complaints@nhs.net
Telephone: **020 3312 1337 / 1349**

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

Sleep services
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Your Transcutaneous Carbon Dioxide study



Information for patients, relatives and carers