

HOME CPAP TITRATION

RECOMENDATIONS FOR THE REALIZATION OF THE EXAM

- If your exam has the option to monitor the oxygen saturation, do not wear nail polish with dark colors.
- Do not take naps on the days before the exam, nor between the nights of titration.
- In case you are taking medication of continuous use, check with your doctor whether you can or not suspend the medication for the realization of the exam.
- On the day of the exam, avoid alcohol and caffeine consumption, such as, teas, coffee and sodas.
- In case of disease symptoms, the exam must be re-scheduled, unless your doctor informs the Instituto do Sono of the need to perform it, even under these circumstances.
- After the exam analysis, if there is a need to repeat the procedures, the Instituto do Sono's team will advise you.

