

## **NIGHT TIME OXIMETER INSTRUCTIONS**

1. When you are ready to go to bed to sleep (no phone or computer in vicinity of device), attach the wrist device to your non-dominant hand and slide the finger probe over your ring finger or one of the fingers by it. Make sure the wire is over the top part of your finger. Use the velcro wrap around the wire right below the finger probe on your finger. Goal is to minimize finger probe and/or monitor movement or from falling off from movement.
2. The monitor turns on when the finger probe is placed on the finger (your finger tip should be all the way to the top of the sleeve) and it will light up red inside the probe when on, the wrist monitor will show the reading of oxygen saturation and heart rate. These are recorded through the night. If you wake up and find it off, place back on finger immediately to continue recording.
3. In the morning when you wake up, take the monitor and probe off, put in the bag you were given. Return to the Cardiopulmonary Dept. of the morning you completed the study so the data can be downloaded and the results sent to your physician who ordered the test.
4. If questions, call the Aspen Valley Hospital Cardiopulmonary Department which is available 24 hours a day at 970-544-1137.