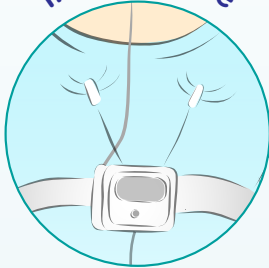


AMBULATORY RESPIRATORY POLYGRAPHY

1. The device



Allows data acquisition recording

Attach the crocodile clips near your collar to position the device at your chest level.

> Ideally, wear a t-shirt.

2. The straps

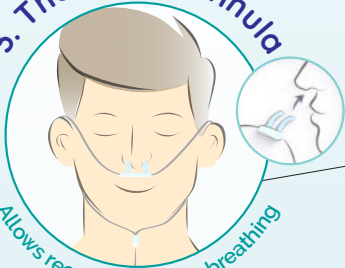


Allow the detection of respiratory movements

Place the two straps at the chest level (under the armpits) and at the navel, pass them behind your back, and clip them to each end of the device and the abdominal cable connector.

> Tighten them if necessary.

3. The nasal cannula



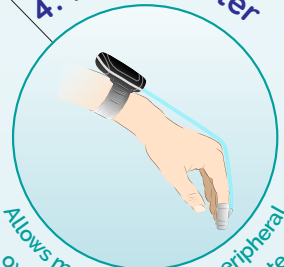
Allows recording of your breathing

Insert the two tips into your nostrils, pass the tube behind your ears, and adjust it under your chin.

> Secure it on your cheeks with the adhesive strip provided by the laboratory.

▲ Direction of the nasal cannula in the nose

4. The oximeter



Allows measurement of peripheral oxygen saturation and heart rate

Place the oximeter on your non-dominant wrist and insert the saturation sensor onto your index finger until it reaches the end.

> If discomfort occurs during the analysis, place the sensor on another finger. Secure the sensor with the adhesive strip.

▲ The wire should run over the hand.

Informations & recommendations



The examination is conducted **on an outpatient basis at your home.**



Respect your **defined bedtime hours as scheduled with the laboratory.**



You can sleep **in any position.**



The device is programmed **to start and stop automatically.**



Do not shower **after putting on the device.**



You can get up during the night.



Avoid nail polish.



Upon waking up, **remove the sensors and store the device in the box.**

IMPORTANT : Remember to fill out the nighttime questionnaire.



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Find all this information in video form by scanning the QR code
or visiting our page : cenas.ch/en/ventilatory-polygraphy

