

Admission to the Sleep Disorder Centre for your Sleep Study

You have been referred to the Sleep Disorder Centre at Queen Victoria Hospital (QVH). The agreed appointment date and time for your sleep study is confirmed in the enclosed letter.

Please inform us as soon as possible if you are unable to keep this date as our appointments are very valuable and can be offered to someone else.

Arriving at the Sleep Disorder Centre

The Sleep Disorder Centre is located in the Jubilee Centre on site at QVH (see enclosed map). On arrival please ring the bell and a technician will let you in. Please do not arrive sooner than 15 minutes before your appointment time as there will be no-one available to answer the door.

Car parks at QVH have a pay & display system. Charges apply from 8am to 6pm Monday-Friday – please check the hospital website for current tariffs. Parking is free between 6pm and 8am, at weekends and at all times for disabled badge holders.

What do I need to bring with me?

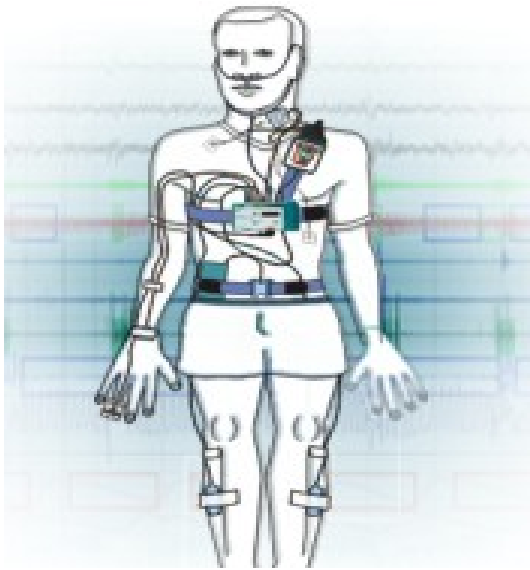
Please bring with you everything you will need for your overnight stay including any evening and morning medication you usually take, comfortable nightwear and your own pillow, if preferred. We will be attaching electrodes to your chest so you may feel more comfortable wearing pyjamas or T-shirt/vest and shorts/trousers.

Please be aware that it is your responsibility to ensure that you take all your usual medication.

We will not dispense any medication during your stay. If you use oxygen at home, please ensure that you bring it with you.

What will happen during my stay?

You will be shown to your own room where you will have your weight and blood pressure checked.



Once you are comfortable in bed we will set up the equipment we need to ensure we get sufficient data to obtain an accurate diagnosis. You will also be videoed.

Despite the fact that you will have equipment attached to your body, you will be able to fall asleep normally and use the bathroom if necessary.

We will then leave you to sleep and will wake you in the morning ready for an early departure by 7am. A light breakfast will be available.

What happens next?

The consultant will analyse the data we recorded and also watch the video. He will then produce a report with recommendations as to how you should be treated. A copy will be sent to you for your information.

Hospital transport and travel costs

Patients are expected to make their own arrangements for travelling to hospital appointments. It is important that you make the transport service aware that you need to attend for an overnight stay arriving at the hospital by 8.15pm and that you will be ready for collection at 6.30am the following morning. Please call the co-ordinators on 01342 305420 for assistance if you experience any problems doing this.

The hospital transport service is only available to patients who have a medical need for the transport. Eligibility criteria can be obtained from your GP.

To arrange transport, please contact:

- For Kent area contact G4S – Tel: 0800 096 0211
- For Sussex area contact South Coast Ambulance Service – Tel: 0300 123 9841

Please note, transport cannot be provided for social reasons

Patients in receipt of certain benefits (i.e. income support) may be able to claim some of their travel costs back (this does **not** include taxis). Please note you will need to collect proof of attendance from the clinic reception and you will also be asked to show proof that you are in receipt of benefits when claiming any money back.

Patients on a low income may also be entitled to help with travel costs through the NHS Low Income Scheme. More information is available from www.nhs.uk/healthcosts

If you have any further questions about claiming back your travel costs, please telephone the cashier's office on 01342 414416.

Getting to the hospital

The hospital is situated just outside East Grinstead town centre, on the A264 (Holtye Road) which leads from East Grinstead towards Tunbridge Wells.

The postcode is: RH19 3DZ

Directions by road

M25 & Godstone – Leave M25 at Junction 6 (Godstone). Follow A22 towards East Grinstead until you reach the one-way system which is just after the fire station (on left). Take the first turning on the left signposted A264 Tunbridge Wells. Go straight over the two mini-roundabouts and the hospital is approximately 200 yards on the left.

M23 & A264 (Crawley) - Leave the motorway at Junction 10 and follow signs to East Grinstead. At the Felbridge traffic lights turn right onto the A22 and continue as above.

Tunbridge Wells - Follow A264 towards East Grinstead. The hospital is on the right, immediately after the second set of pedestrian lights.

Eastbourne A22 – After reaching the outskirts of East Grinstead you will come to a roundabout. Take the 1st exit towards East Grinstead town centre. At the mini-roundabout turn right into College Lane. At the roundabout at the bottom of the hill turn right, continue over the mini-roundabout and the hospital is approximately 200 yards on the left just before the first set of pedestrian lights.

Buses

The 281 and 400 buses link the hospital with the town centre and train station.

Information is available from Metrobus on 01293 449191 or www.metrobus.co.uk

Trains

There are half-hourly train services to East Grinstead from central London, leaving from either London Victoria or London Bridge stations via East Croydon. The journey takes approximately one hour and the hospital is about a 20 minute walk from the station.

There is a taxi rank immediately outside East Grinstead station. Information is available from National Rail Enquiries on 08457 484950

**Please ask if you would like this leaflet in larger print
or an alternative format**