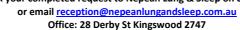


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Fig. 1 Address			red □ Private Fund □ DVA
Medicare N.o:			nip N.o:
Patient History			
Cardiovascular history – Details:			
Respiratory history – Details:			
☐ Other medical problems – Details:			
in Special assistance required	Details.		
Provisional Diagnosis (reason for test):			
☐ Obstructive Sleep Apnoea	☐ Restless Leg Syndrome	☐ REM Behavior Disorder	☐ Insomnia
☐ Central Sleep Apnoea		☐ Narcolepsy	
□ Other			
Stop Bang Score:	or OSA50:	AND Epworth Sleepiness So	cale:
Requested Procedure(s)			
☐ Diagnostic Sleep Study (Level 1) – Reason for lab vs home:			
☐ CO ₂ monitoring ☐ Oral appliance ☐ Positional Device ☐ Other:			
☐ Home Sleep Apnoea Test – (level 2)			
Overnight oximetry – (Level 3)			
☐ Pressure Determination/review study ☐ CO ₂ monitoring			
□ CPAP – Pressures(s):			
☐ BiPAP – Pressure(s):			
☐ Actigraphy — ☐ 7 Days ☐ 14 Days			
□ Nocturnal polysomnogram + Multiple Sleep Latency Test (MSLT) - □ With PAP:			
□ Nocturnal polysomnogram + Maintenance of Wakefulness Test (MWT)- □ With PAP:			
Other testing requirement	s: Supplemental 0 ₂	L/min	ood Gases (AM & PM)
Referring Doctor's Details:			
Please stamp/insert details (Including Provider n.o):			
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		Signature:	

Office use only:



Test date will be confirmed directly with the patient We may contact you for further details if required. Please fax your completed request to Nepean Lung & Sleep on 02 4722 5386







The following is extracted directly from the MBS website: http://www.mbsonline.gov.au

Item 12203 (Laboratory diagnostic sleep study)

The overnight diagnostic assessment is performed to investigate:

- (i) suspected obstructive sleep apnoea syndrome where the patient is assessed as not suitable for an unattended sleep study; or
- (ii) suspected central sleep apnoea syndrome; or
- (iii) suspected sleep hypoventilation syndrome; or
- (iv) suspected sleep-related breathing disorders in association with non-respiratory co-morbid conditions including heart failure, significant cardiac arrhythmias, neurological disease, acromegaly or hypothyroidism; or
- (v) unexplained hypersomnolence which is not attributed to inadequate sleep hygiene or environmental factors; or
- (vi) suspected parasomnia or seizure disorder where clinical diagnosis cannot be established on clinical features alone (including associated atypical features, vigilance behaviours or failure to respond to conventional therapy); or
- (vii) suspected sleep related movement disorder, where the diagnosis of restless legs syndrome is not evident on clinical assessment

Attended versus unattended sleep studies

Unattended sleep studies are suitable for many patients with suspected OSA but patients with other sleep disorders should undergo an attended study. Assessment for potential contraindications to an unattended sleep study can be undertaken by either the referring practitioner, qualified adult sleep medicine practitioner or consultant respiratory physician. Standardised referrals should request sufficient information to enable such assessment.

In accordance with the Australasian Sleep Association's Guidelines for Sleep Studies in Adults, relative contraindications for an unattended sleep study to investigate suspected OSA include but are not limited to:

- (a) intellectual disability or cognitive impairment;
- (b) physical disability with inadequate carer attendance;
- (c) significant co-morbid conditions including neuromuscular disease, heart failure or advanced respiratory disease where more complex disorders are likely;
- (d) suspected respiratory failure where attended measurements are required, including measurement of carbon dioxide partial pressures;
- (e) suspected parasomnia or seizure disorder;
- (f) suspected condition where recording of body position is considered to be essential and would not be recorded as part of an unattended sleep study;
- (g) previously failed or inconclusive unattended sleep study;
- (h) unsuitable home environment including unsafe environments or where patients are homeless; and
- (i) consumer preference based on a high level of anxiety about location of study or where there is unreasonable cost or disruption based on distance to be travelled, or home circumstances.