

INFORMATION FOR PATIENTS

Osler test

Your doctor has requested that we perform a test to assess your levels of alertness.

What is an Osler test?

This is a simple test that tells us how sleepy you are.

You will be required to lie upright on a couch for 40 minutes and respond to a light by pressing a monitor. This will be performed four times throughout the day.

Lunch will be provided as you cannot leave the department whilst the test is carried out.

Before the test

Before attending for your Osler test, please avoid containing caffeine for four hours.

Please continue to take all your medications as normal.

Please allow eight hours for this appointment

The results

The results will go to your doctor who will explain them to you at your next clinic visit.

Please note that you will not be given the results on the day of your test.

What if I need hospital transport?

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556.

Contact details

Sleep Service, telephone: 01623 672484

Email: sfh-tr.sleep.clinic@nhs.net

King's Mill Hospital
Mansfield Road
Sutton in Ashfield
Notts
NG17 4JL

Newark Hospital
Boundary Road
Newark
Notts
NG24 4DE

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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