



CENTRAL SCHEDULING PROCESS

The Southeast Georgia Health System Central Scheduling department will contact you to schedule and pre-register you for your appointment. If you need to confirm, cancel or change this appointment date and time, please call the Central Scheduling Department toll free 1-855-466-1111. If you choose to pre-register on-line, go to www.sghs.org. On-line registration must be completed at least 48 hours before a scheduled appointment.

EXAM ORDERED: Sleep Study

LOCATION:

Your exam can be at one of the following locations. Please call Central Scheduling if you are unsure where your appointment is located.

Brunswick Campus, Parkwood Entrance
2415 Parkwood Drive, Brunswick GA 31523
Please park on the Parkwood entrance side of the hospital. Take the elevator up to the 2nd floor of the Brunswick Building and check in at the Guest Services desk.

Brunswick Campus, MRI and Imaging
1111 Glynco Parkway, Suite 1
Brunswick GA 31523
We are located in the Summit Professional Plaza off of I-95 exit 38. Our office is in Building 1, Suite 1 on the first floor.

Brunswick Campus, OCC Entrance
2500 Starling Street, Brunswick GA 31523
Please park on the new Outpatient Care Center side of the hospital. As you come through the revolving door, please check in at the receptionist desk on the left.

Camden Campus, Main Entrance
2000 Dan Proctor Drive, St Marys, GA 31558
Come to the main hospital entrance. Upon arrival please turn right at the guest services desk and check in at the admissions department.

PATIENT INSTRUCTIONS

Exam Preparation:

Sleep Study Hours are from 8pm to 7 am.

If it becomes necessary to cancel or reschedule your study, please notify us at least 48 hours in advance.

1. Your appointment time is 8 pm please come, as close to that time as possible, as you may have to wait if arriving too early and your study may have to be rescheduled if you arrive too late.
2. We do not have the facilities to accommodate persons other than the patient.
3. Please leave all valuables at home. Bring your insurance cards for copying.
4. Please eat your evening meal prior to coming for your study. Refrain from very heavy or spicy foods.
5. Please refrain from the intake of caffeine, and tobacco products in the afternoon and evening. This includes coffee, tea, soft drinks with caffeine, chocolate, etc.
6. Please shower prior to coming for your study. Your body must be free of oils, creams and lotions. Your hair must be clean, dry, unbraided and free of hair spray, gel, etc.
7. Bring pajamas, shirt and shorts or a gown, whatever you are comfortable sleeping in. You may also bring a pillow for your comfort.
8. Do not nap during the day of your study as this may hinder your going to sleep at night.
9. Bring your routine medications with you; the techs will need to know what you are taking. If you take something to help you sleep, please bring it but do not take it ahead of time.
10. We usually designate "lights out" by 11pm. You will be released the following morning by 6:30am. If you need to leave earlier please let the techs know in advance.
11. We have shower facilities available for your convenience along with toiletries if needed.
12. Your doctor will have the results of your study within 10 workdays, if you have any questions please feel free to call the sleep lab.

WE WILL PLACE A REMINDER CALL PRIOR TO YOUR SCHEDULED APPOINTMENT.
If you have any questions, please call the Central Scheduling Department
Toll Free 1-855-466-1111 (if local, Brunswick 912-466-1240 or Camden 912-576-6190)