

Positive screening test for obstructive sleep apnoea

Surgical Pre-assessment

Patient Information Leaflet

Introduction

This leaflet is for people who have had a positive result in their screening test for obstructive sleep apnoea. It gives information on what this is, why you have been screened and what happens next.

What is obstructive sleep apnoea (OSA)?

In OSA, there is obstruction to the flow of air entering the lungs during sleep. This causes interruptions to normal breathing. These interruptions to normal breathing only become a problem if they last for more than 10 seconds each time, and occur more than 10 times every hour.

OSA only happens during sleep as it is a lack of muscle tone in your upper airway that causes the airway to relax and collapse. During the day, we have enough muscle tone to keep the airway open to allow normal breathing.

When you experience an episode of OSA during sleep, your brain will automatically wake you up, usually with a very loud snore or snort, in order to breathe again. People with OSA will experience these waking episodes many times during the night and consequently feel very sleepy during the day. They have an airway that is more likely to collapse than normal.

Why have I been tested?

We routinely screen for OSA in all patients who are having planned surgery.

This is because untreated OSA can increase the risk of complications during and after surgery, particularly involving the heart or breathing. Poorly controlled OSA may also increase your risk of developing [high blood pressure \(hypertension\)](#) and having a [stroke](#) or [heart attack](#).

Do I have OSA?

The screening questionnaire used by the pre-assessment staff has indicated you might have OSA. This means you have a positive screening result for OSA.

We need to carry out further tests to confirm this and so these will now be organised. About four out of five people who have a positive result in the OSA screening test are diagnosed with OSA after having further tests.

What happens now?

We will refer you to the Sleep Assessment Clinic. The clinic will then send you an appointment. At this appointment, we will show you how to use some special recording equipment while you sleep at home. The equipment records oxygen levels and heart rate through the night.

If the recording confirms you have OSA, you will need another appointment with the sleep clinic to discuss treatment for this.

What treatment is available for OSA?

If further tests show you to have OSA, treatment may include making lifestyle changes such as losing weight and stopping smoking. It may also include using breathing apparatus while you sleep. The sleep specialist will discuss this with you.

If you would like help with stopping smoking, please contact a member of the Hospital Stop Smoking Team on 01384 456111 ext. 2783.

What about my surgery?

We want you to be in your best health when you have surgery to minimise any risks. Your surgery will be scheduled as soon as:

- either the sleep tests show you do not have OSA
- or the OSA is being treated and is under control

Can I find out more?

You can find out more from the following weblink:

NHS Choices

<http://www.nhs.uk/conditions/Sleep-apnoea/Pages/Introduction.aspx>

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Pre-assessment Team on 01384 456111 ext. 1849 (7am to 7pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔