



SLEEP CARE Solutions

SLEEP STUDY & PFT REQUISITION

Sleep Medicine / Respirology

- Dr. C. Li, MD, FRCPC, D. ABSM
- Dr. R. Leung, MD, PhD, FRCPC
- Dr. V. Wolski, MD, FRCPC
- Dr. N. Vozoris, MD, FRCPC
- Dr. Puja Sahni, MD, FRCPC
- Dr. Anju Anand, MD, FRCPC
- Dr. I. Khan Hazaratoola MD, FRCPC
- Dr. G. Philteos, MD, FRCPC, D. ABSM
- Dr. Anu Tandon, MD, FRCPC
- Dr. Woganee Filate, MD, FRCPC
- Dr. J. Rosenberg, MD, FRCPC
- Dr. M. Huang, MD, FRCPC
- Dr. A. Perl, MD, FRCPC
- Dr. S. Chaudhry, MD, FRCPC
- Dr. Kelly Wilton, MD, FRCPC
- Dr. C. Humphreys, MD, FRCPC
- Dr. Sirar Ibrahim, MD, FRCPC
- Dr. Waleed Ahmed, MD, FRCPC
- Dr. Monty Sandhu, MD, FRCPC

Sleep Medicine / Anesthesiology

- Dr. Mandeep Singh, MD, MSc, FRCPC
- Dr. Sujanthy Sri Rajaram, MD, MPH, FCCM, FAASM, FACP
- Dr. Sharon Morong, MD, FRCSC
- Dr. M. Narayansingh, MD, FRCPC
- Dr. Elliott Cohen, MD, FRCPC

Respirology

- Dr. Sacha Bhinder, MD, FRCPC
- Dr. D. Casey, MD, FRCPC
- Dr. D. Rozenberg, MD, PhD, FRCPC
- Dr. Jolene Fisher, MD, FRCPC
- Dr. Jesse Lu, MD, FRCPC
- Dr. Nicky Kraus, MD, FRCPC
- Dr. Xie Ye Wang, MD, FRCPC
- Dr. Ahmed Zaheen, MD, FRCPC
- Dr. Ariella Pratzter, MD, FRCPC
- Dr. Gabriel Burke, MD, FRCPC
- Dr. Xiao Tian He, MD, FRCPC
- Dr. Jordan Sugarman, MD, FRCPC
- Dr. Manpreet Basuita, MD, FRCPC

PATIENT INFORMATION

Name _____

Date of Birth _____ M F

Telephone (H) _____ (w) / (Cell) _____

Address _____

Health Card # _____

Version _____ Exp. Date: _____

REFERRING PHYSICIAN

Name _____

Billing # _____

Telephone _____ Fax _____

Address _____

Signature _____ Date _____

SLEEP STUDY REQUISITION

TESTS REQUESTED:

- Sleep Study only Consultation Only
- Sleep Study and Consultation
- Previous Sleep Studies Yes Date(s): _____ No
- Urgent
Specify Reason: _____

Comments:

REASON FOR REFERRAL:

- Sleep Apnea Parasomnias (Unusual sleep behaviour)
- Snoring Restless Legs Syndrome
- Insomnia Periodic Limb Movements
- Daytime Sleepiness Frequent Awakening
- Narcolepsy Morning Headaches
- Shift work CPAP Follow-up
- Other, Please Specify: _____

CURRENT MEDICATIONS:

We accept Respirology & PFT Referrals at Downtown, North York & Scarborough locations

RESPIROLOGY CONSULTATION

Please attach recent blood work, chestX-Rays, CT/MRI reports

- PFT with Consultation PFT only

TESTS REQUESTED:

- Full Pulmonary Function Test
Includes Flow Volume Curve, Diffusion, Lung Volumes, Bronchodilator Spirometry, Oximetry
- Spirometry With bronchodilator if needed

REASON FOR REFERRAL:

*Notify if you have previous fainting episodes

PAST MEDICAL HISTORY & RELATED INFORMATION:

- Hypertension Renal Disease Lung Disease
- Heart Disease Chronic Pain Asthma/COPD
- Stroke Seizures Obesity
- Diabetes Mood disorders

Smoker: Y N Ex Smoker: Y N Never Smoke

of years Smoked: _____ # of years Quit: _____

Inhalers _____ time last taken _____

Latex allergies: Y N Other allergies: _____

Comments: _____

SPECIAL PATIENT NEEDS:

- Wheelchair Patient Accompanied By Attendant
- Shift Worker Language: _____
- Oxygen

Additional Comments: _____

Appointment date: _____

Time: _____

Received Date: _____

Approved by: _____

Cancellation policy notified to the Patient.

TSC Toronto Sleep & Pulmonary Centre
123 Edward St., Suite 1011,
Toronto ON M5G 1E2
Tel 416-813-2277
Fax 416-260-3203

Davisville Location
1835 Yonge Street, Suite 303,
Toronto, ON M4S 1X8
Tel 416-792-9436
Fax 416-792-9438

Essex Sleep Disorders Centre
520 Ellesmere Road, Suite 301
Scarborough, ON M1R 0B1
Tel 416-439-0130
Fax 416-439-5508

TSC Toronto Sleep Clinic
5 Fairview Mall Dr., Suite 412,
North York, ON M2J 2Z1
Tel 416-299-0400
Fax 416-299-1634

Scarborough Location
520 Ellesmere Road, Suite 301
Scarborough, ON M1R 0B1
Tel 416-292-3218
Fax 416-292-3200

Ossler Sleep Clinic
135 Queens Plate Drive, Suite 140,
Etobicoke, ON M9W 6V1
Tel 416-231-5770
Fax 416-231-5229

TLC Toronto Lung Care Clinic
520 Ellesmere Road, Suite 301
Scarborough, ON M1R 0B1
Tel 416-439-0120
Fax 416-439-5508

TLC Toronto Lung Care Clinic
1110 Sheppard Ave., Suite 204,
North York, ON M2K 2W2
Tel 416-229-2315
Fax 416-223-9828

TLC Toronto Lung Care Clinic
520 Ellesmere Rd., Suite 301
Scarborough, ON M1R 0B1
Tel 416-439-0120
Fax 416-439-5508



Preparation / Instruction for Sleep Studies

Arrival time is between 8:00 pm & 8:15 pm. Please ARRIVE ON TIME.

WHAT TO BRING: Bring your valid Health Card. Bring this requisition. Bring the list of your current medication. Your comfortable nightclothes like pajamas or nightgown, night slippers. Your own pillow (if you would like) Your reading glasses, book/magazine, your toiletries (toothpaste, toothbrush, shampoo, soap, shaving kit, etc.). If you are currently on CPAP at home, please bring the tube, mask and head gear. **IF THIS IS AN ASSESSMENT USING AN ORAL (DENTAL) DEVICE:** bring the device and any adjustment tools with you. You should know how to make adjustments without assistance should it be necessary.

If using a **BODY POSITIONING DEVICE**, bring it with you.

MEDICATION: Follow your daily routine unless instructed otherwise. Bring the list of all your medications along with the doses.

FOOD: Please have your regular evening meal before you arrive for the test. **Avoid alcohol** on the day of the test.

For MSLT/MWT patients: Please bring your own food for the daytime test. We have a fridge and microwave oven for your use in the clinic. No meals or drinks other than water are provided.

RESULTS: Please call our office to book follow-up appointment to review your sleep study report. It will take approximately 3 weeks for the results to reach your doctor.

*****WE REQUIRE AT LEAST 3 WORKING DAYS NOTICE IF YOU ARE CANCELLING THE APPOINTMENT*****

****CANCELLATION POLICY:** Please note that there is a no show / cancellation charge **\$150.00** if you do not reschedule or cancel your appointment at least 3 working days in advance.

Preparation / Instruction for Pulmonary Function Tests

Full PFT: (Flow volume, Lung volume and diffusion) and Bronchodilator Response Test:

Stop for 4 hours before test – asthma sprays or puffers.

Stop for 12 hours before test – long-acting bronchodilators such as Serevent or Oxeze. Stop for 24 hours before test – asthma pills such as Singulair or Accolate.

Food:

Do not drink Coffee, Tea, Cola beverages and Chocolate at least 3 hours before test.

Inform the staff if you have active cold symptoms.

DO NOT STOP ANY MEDICATION ON YOUR OWN

If you are unwell and feel you need your medication, take it and inform us.

Contradictions for PFT testing include: Severe aortic stenosis, Recent Pneumothorax, Active TB, Severe or unstable angina, Myocardial infarction less than two weeks, Anginal pain at rest or on exertion not relieved by nitro spray. Notify if you have previous fainting episodes. Please call 48 hours in advance if you are unable to keep this appointment. If not a cancellation / no show fee of **\$75.00** will apply.

LOCATIONS

Toronto Sleep & Pulmonary Centre

Located at: 123 Edward Street, Suite 1011, Toronto, ON M5G 1E2 conveniently located at one block north and east of major intersection – University Avenue and Dundas Street West. The entrance for the ground parking is off Centre Street. If taking TTC, get off at St. Patrick Station. Walk east to 180 Dundas Street West to enter the building. Upon entering the building call the clinic at

416-813-2277. Shortly thereafter the sleep technologist will greet you.

		College Street		
N	University Ave.	Gerrard Street	Elizabeth Street	Bay Street
		Elm Street		
		Edward Street		
		Toronto Professional Building		
Centre St.	Dundas Street W	Chalmers St.		

Davisville Sleep Clinic

Located at: 1835 Yonge Street, Suite 303, Toronto, ON M4S 1X8. Enter through the main entrance. Enter Code at main entrance and wait for the sleep technologist to buzz you in. Public parking is located on Merton Street.

		Eglinton Ave. E.		
N	Yonge St.	Davisville Ave.	Mt. Pleasant Rd.	
		Merton St.		
		St. Clair Ave.		

Ellesmere Sleep Disorders Centre / Toronto Lung Care Clinic

520 Ellesmere Road, Suite 301 Scarborough ON M1R 0B1. Door will be open till 9:00 p.m. If you are delayed, keep the clinic number handy to call us. Overnight parking is free and allowed in the building parking lot.

N	Victoria Park Ave.	Warden Ave.	Birchmount Rd.	
		401 HWY		
		Ellesmere Rd.		

Toronto Sleep Clinic

5 Fairview Mall Dr., Suite 412, North York, ON M2J 2Z1. Located at Don Mills Road North of Sheppard Avenue East. Arrive at the Clinic at 8 :45 p.m. Sharp and go directly to Suite 412. If you find the building door locked, press 412 on the key pad to your left and the Technologist will open the door. You will not be going directly to bed on arrival as there is paperwork to be completed and a rather involved set up.

There is paid parking overnight. **DO NOT PARK IN THE MALL.**

N	Don Mills Rd.	Esterbrooke Ave.	404 HWY	
		Fairview Mall		
		Subway (TTC)		
		Sheppard Ave. E.		
		401 HWY		

Scarborough Sleep Clinic

520 Ellesmere Road, Suite 301 Scarborough ON M1R 0B1. Door will be open till 9:00 p.m. If you are delayed, keep the clinic number handy to call us. Overnight parking is free and allowed in the building parking lot.

N	Victoria Park Ave.	Warden Ave.	Birchmount Rd.	
		401 HWY		
		Ellesmere Rd.		

Osler Sleep Clinic

135 Queens Plate Drive, Suite 140, Etobicoke, ON M9W 6V1. Located at North-East Corner of Rexdale Blvd. and Queens Plate Drive, with close proximity to HWY 27 & HWY 427 North. Enter through Main Entrance. Door will be open till 9:00 p.m. If you are delayed, keep the clinic number handy to call us. Overnight

parking is allowed in the building parking lot and it is free parking.

N	427 HWY	27 HWY	Queens Plate Drive	Martin Grove Rd.
		Rexdale Blvd		
		409 HWY		

Toronto Lung Care Clinic

1110 Sheppard Ave. East, Suite 204, North York, ON M2K 2W2. Located one block west of Sheppard Avenue East and Leslie Street. 2 hours Free Parking.

N	Bayview Avenue	Leslie Street	401 HWY	Don Mills Rd.
		Sheppard Ave. E.		