

## Important Instructions for your Visit

### Before your visit:

Please **read** the **Plain Language Statement** concerning the tests which will be conducted at the clinic visit and the **Consent form**.

Please try and **avoid** the following:

- (1) **Smoking** for **4 hours** before appointment time.
- (2) **Long Acting Reliever Medication\*** for **12 hours** before your appointment time.
- (3) **Short Acting Reliever Medication\*** for **4 hours** before appointment time.

\*Refer to the last page for a medication list.

If you regularly use medication, please bring a list of those medications to your visit.

**If you are a close contact of someone who has tested positive for COVID-19, or currently have any symptoms, including fever, cough, sneezing, sore throat or runny nose, please reschedule your appointment or call 1800 110 711 to discuss.**

**If you need to cancel or reschedule your appointment, please call to let us know as soon as possible.**

### To contact us:

**TAHS Line: 1800 110 711**

**Email: [inq-tas@unimelb.edu.au](mailto:inq-tas@unimelb.edu.au)**

## Where to come:

**Monash Lung and Sleep  
Level 2 Monash Medical Centre  
246 Clayton Road, Clayton VIC 3168**

**(See map on next page)**

- Enter via the hospital's main entrance and proceed towards the cafe and giftshop
- Continue to the right past the cafe and along the corridor towards the ORANGE lifts
- Turn left at the ORANGE lifts
- Proceed to the right through the GREEN lift lobby
- Enter the Sleep Centre through the glass doors

Call 1800 110 711 if any issues.

## Where to park:

Monash public car park can be accessed on the left side of the Emergency Department. Our staff will provide you with a free parking ticket to exit the car park when you arrive.



**Name of medications (See pages 4 - 6 for picture references)**

<b>Short-Acting Beta Antagonist (SABA)</b>	<b>Inhaled Corticosteroids (ICS)</b>	<b>Long-Acting Beta Antagonist (LABA)</b>	<b>Inhaled Corticosteroids / Long-Acting Beta Antagonist combination (ICS/LABA)</b>	<b>Long- Acting Muscarinic medications (LAMA)</b>	<b>LAMA/LABA</b>
<ul style="list-style-type: none"> <li>• Ventolin</li> <li>• Asmol</li> <li>• Bricanyl</li> <li>• Airomir</li> <li>• Zempreon</li> </ul>	<ul style="list-style-type: none"> <li>• Flixotide Inhaler or Accuhaler</li> <li>• QVAR Inhaler or Autohaler</li> <li>• Fluticasone Cipla</li> <li>• Pulmicort</li> <li>• Alvesco</li> <li>• Arnuity</li> </ul>	<ul style="list-style-type: none"> <li>• Oxis</li> <li>• Serevent</li> <li>• Onbrez</li> </ul>	<ul style="list-style-type: none"> <li>• Seretide MDI or Accuhaler</li> <li>• Fluticasone Salmeterol</li> <li>• Flutiform Inhaler</li> <li>• Symbicort Turbuhaler or Rapihaler</li> <li>• DuoResp Spiromax</li> <li>• Breo Ellipta</li> <li>• Fostair Inhaler</li> <li>• Ateectura Breezhaler</li> </ul>	<ul style="list-style-type: none"> <li>• Spiriva Respimat or Handihaler</li> <li>• Braltus Zona</li> <li>• Bretaris Genuair</li> <li>• Seebri Breezhaler</li> <li>• Incruse Ellipta</li> </ul>	<ul style="list-style-type: none"> <li>• Spiolto Respimat</li> <li>• Brimica Genuair</li> <li>• Ultibro Breezhaler</li> <li>• Anoro Ellipta</li> </ul>
<b>ICS/LAMA/LABA</b>		<b>Short-Acting Muscarinic medications (SAMA)</b>		<b>Non-Steroidal Preventers</b>	
<ul style="list-style-type: none"> <li>• Trelegy Ellipta</li> <li>• Enerzair Breezhaler</li> <li>• Trimbow Inhaler</li> </ul>		<ul style="list-style-type: none"> <li>• Atrovent Metered Aerosol</li> </ul>		<ul style="list-style-type: none"> <li>• Montelukast Tablet</li> </ul>	

## Picture of medications

SABA	ICS	LABA
 <p><b>Ventolin Inhaler † ^</b> salbutamol 100mcg</p>  <p><b>Asmol Inhaler † ^</b> salbutamol 100mcg</p>  <p><b>Bricanyl Turbuhaler <sup>a c</sup></b> terbutaline 500mcg</p>  <p><b>Airomir Autohaler ‡ #</b> salbutamol 100mcg</p>  <p><b>Zempreon Inhaler</b> Salbutamol 100mcg</p>	 <p><b>Flixotide Inhaler †</b> fluticasone propionate 50mcg* • 125mcg • 250mcg <i>*Flixotide Junior</i></p>  <p><b>Fluticasone Cipla Inhaler †</b> fluticasone propionate 125mcg • 250mcg</p>  <p><b>Flixotide Accuhaler †</b> fluticasone propionate 100mcg* • 250mcg • 500mcg</p>  <p><b>QVAR Inhaler †</b> beclometasone 50mcg • 100mcg</p>  <p><b>Pulmicort Turbuhaler †</b> budesonide 100mcg • 200mcg • 400mcg</p>  <p><b>QVAR Autohaler ‡</b> beclometasone 50mcg • 100mcg</p>  <p><b>Alvesco Inhaler †</b> ciclesonide 80mcg • 160mcg</p>  <p><b>Arnuity Ellipta †</b> fluticasone furoate 50mcg • 100mcg • 200mcg</p>	 <p><b>Oxis Turbuhaler ‡</b> formoterol 6mcg • 12mcg</p>  <p><b>Serevent Accuhaler ‡</b> salmeterol 50mcg</p>  <p><b>Onbrez Breezhaler #</b> indacaterol 150mcg • 300mcg</p>

**ICS/LABA**



**Seretide MDI<sup>a</sup>**  
fluticasone propionate/salmeterol  
50/25 • 125/25 • 250/25 c



**Fluticasone + Salmeterol Cipla Inhaler<sup>a</sup>**  
fluticasone propionate/salmeterol  
125/25 • 250/25 c



**Seretide Accuhaler<sup>a</sup>**  
fluticasone propionate/salmeterol  
100/50 • 250/50 • 500/50 c



**Flutiform Inhaler<sup>a</sup>**  
fluticasone propionate/formoterol  
50/5 • 125/5 • 250/10



**Symbicort Turbuhaler<sup>a</sup>**  
budesonide/formoterol  
100/6 • 200/6 • 400/12 c



**DuoResp Spiromax<sup>a</sup>**  
budesonide/formoterol  
200/6 • 400/12 c



**Symbicort Rapihaler<sup>a</sup>**  
budesonide/formoterol  
50/3 • 100/3 • 200/6 c



**Breo Ellipta<sup>a</sup>**  
fluticasone furoate/vilanterol  
100/25 c • 200/25



**Fostair Inhaler<sup>a</sup>**  
beclomethasone/formoterol  
100/6



**Ateectura Breezhaler<sup>a</sup>**  
Indacaterol/mometasone  
125/62.5 • 125/127.5 • 125/260

**LAMA**



**Spiriva Respimat # ‡/a**  
tiotropium 2.5mcg



**Spiriva Handihaler #**  
tiotropium 18mcg



**Braltus Zonda #**  
tiotropium 13mcg



**Bretaris Genuair #**  
aclidinium 322mcg



**Seebri Breezhaler #**  
glycopyrronium 50mcg



**Incruse Ellipta #**  
umeclidinium 62.5mcg

**LAMA/LABA**



**Spiolto Respimat<sup>c</sup>**  
tiotropium/olodaterol  
2.5/2.5



**Brimica Genuair<sup>c</sup>**  
aclidinium/formoterol  
340/12



**Ultibro Breezhaler<sup>c</sup>**  
indacaterol/glycopyrronium  
110/50



**Anoro Ellipta<sup>c</sup>**  
umeclidinium/vilanterol  
62.5/25

### ICS/LAMA/LABA

### SAMA

### Non-Steroidal Preventers



**Trelegy Ellipta<sup>a c</sup>**  
fluticasone furoate/  
umeclidinium/vilanterol  
100/62.5/25mcg

**Enerzair Breezhaler<sup>a</sup>**  
Indacaterol/glycopyrronium/  
mometasone  
114/46/136mcg • 114/46/68mcg

**Trimbow Inhaler<sup>c</sup>**  
Beclometasone/Formoterol/  
Glycopyrronium  
100/6/10mcg



**Atrovent Metered Aerosol † ^**  
ipratropium 21mcg



**Montelukast Tablet<sup>a</sup>**  
montelukast  
4mg • 5mg • 10mg  
*Generic medicine suppliers*