

# 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:

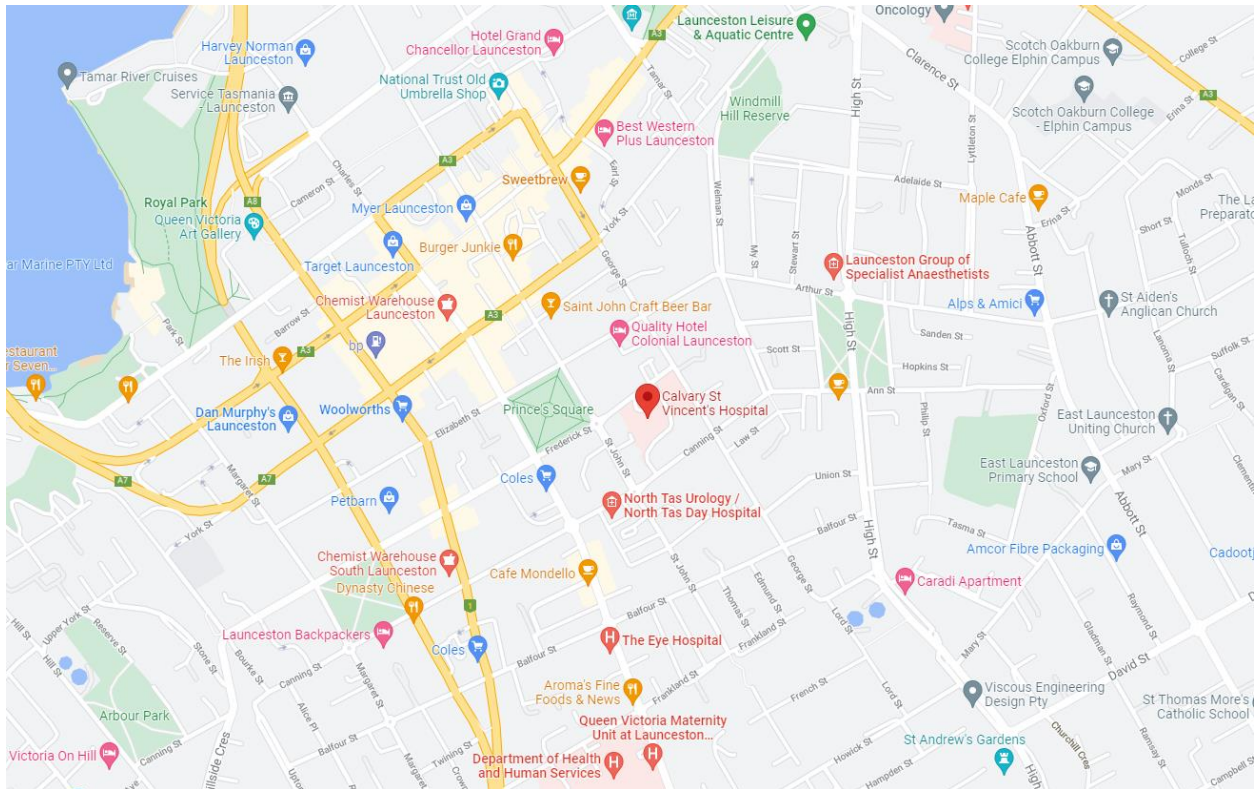
TAHS Line: 1800 100 711

Alice Doherty, Project Coordinator  
Phone: 8344 1593

**If less than 2 hours before appointment, please call 0466 394 744**

## Where to come:

Calvary St Vincent's Hospital, 5 Frederick St, Launceston TAS 7250


















## Where to park your car:





















Parking is available in St Vincent's Hospital onsite car park and surrounding streets. There is also a public car park opposite the Hospital in Frederick St. Disability parking is available outside reception.

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

Short-Acting Beta Antagonist (SABA)	Inhaled Corticosteroids (ICS)	Long-Acting Beta Antagonist (LABA)	Inhaled Corticosteroids / Long-Acting Beta Antagonist combination (ICS/LABA)	Long- Acting Muscarinic medications (LAMA)	Long- Acting Muscarinic/ Long-Acting Beta Antagonist combination (LAMA/LABA)
<ul style="list-style-type: none"> <li>• Ventolin</li> <li>• Asmol</li> <li>• Bricanyl</li> <li>• Airomir</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>• Aectura 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**

Short-Acting Beta Antagonist (SABA)	Inhaled Corticosteroids (ICS)	Long-Acting Beta Antagonist (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>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> beclomethasone 50mcg • 100mcg</p>  <p><b>Pulmicort Turbuhaler †</b> budesonide 100mcg • 200mcg • 400mcg</p>  <p><b>QVAR Autohaler ‡</b> beclomethasone 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>

Inhaled Corticosteroids / Long-Acting Beta Antagonist combination (ICS/LABA)	Long- Acting Muscarinic medications (LAMA)	Long- Acting Muscarinic/ Long-Acting Beta Antagonist combination (LAMA/LABA)
 <p><b>Seretide MDI<sup>a</sup></b> fluticasone propionate/salmeterol 50/25 • 125/25 • 250/25<sup>c</sup></p>  <p><b>Fluticasone + Salmeterol Cipla Inhaler<sup>a</sup></b> fluticasone propionate/salmeterol 125/25 • 250/25<sup>c</sup></p>  <p><b>Seretide Accuhaler<sup>a</sup></b> fluticasone propionate/salmeterol 100/50 • 250/50 • 500/50<sup>c</sup></p>  <p><b>Flutiform Inhaler<sup>a</sup></b> fluticasone propionate/formoterol 50/5 • 125/5 • 250/10</p>  <p><b>Symbicort Turbuhaler<sup>a</sup></b> budesonide/formoterol 100/6 • 200/6 • 400/12<sup>c</sup></p>  <p><b>DuoResp Spiromax<sup>a</sup></b> budesonide/formoterol 200/6 • 400/12<sup>c</sup></p>  <p><b>Symbicort Rapihaler<sup>a</sup></b> budesonide/formoterol 50/3 • 100/3 • 200/6<sup>c</sup></p>  <p><b>Breo Ellipta<sup>a</sup></b> fluticasone furoate/vilanterol 100/25<sup>c</sup> • 200/25</p>  <p><b>Fostair Inhaler<sup>a</sup></b> beclomethasone/formoterol 100/6</p>  <p><b>Atecura Breezhaler<sup>a</sup></b> Indacaterol/mometasone 125/62.5 • 125/127.5 • 125/260</p>	 <p><b>Spiriva Respimat # ±/a</b> tiotropium 2.5mcg</p>  <p><b>Spiriva Handihaler #</b> tiotropium 18mcg</p>  <p><b>Braltus Zonda #</b> tiotropium 13mcg</p>  <p><b>Bretaris Genuair #</b> aclidinium 322mcg</p>  <p><b>Seebri Breezhaler #</b> glycopyrronium 50mcg</p>  <p><b>Incruse Ellipta #</b> umeclidinium 62.5mcg</p>	 <p><b>Spiolto Respimat<sup>c</sup></b> tiotropium/olodaterol 2.5/2.5</p>  <p><b>Brimica Genuair<sup>c</sup></b> aclidinium/formoterol 340/12</p>  <p><b>Ultibro Breezhaler<sup>c</sup></b> indacaterol/glycopyrronium 110/50</p>  <p><b>Anoro Ellipta<sup>c</sup></b> umeclidinium/vilanterol 62.5/25</p>

**ICS/LAMA/LABA**

**Short-Acting Muscarinic medications (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>**  
Beclomethasone/Formoterol/  
Glycopyrronium  
100/6/10mcg



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



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