

# 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:

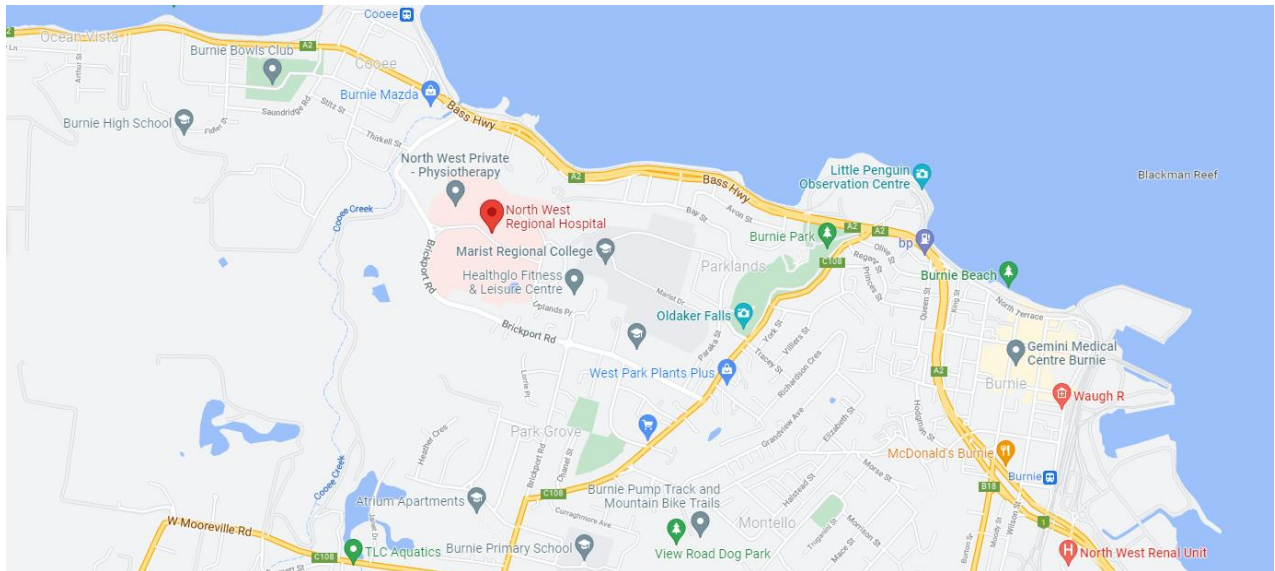
TAHS Line: 1800 100 711

Alice Doherty, Project Coordinator  
Phone: 8344 1593

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

## Where to come:

The rural clinical school, Consult room 1, North West Regional Hospital,  
Brickport Rd, Burnie 7320



## Directions:

- Turn off the highway into Brickport Road and take the first left turn (towards the hospital), then first left again into the private hospital car park.
- Go to the Rural Clinical School located between the Medical Centre and the private hospital. Access is through the under-cover car park.
- You will see the 'Tasmanian Health Study' sign just beyond the glass doors. Pass the reception desk and follow the signs to consult room 1, (first room on the left along the corridor).
















## Where to park your car:

Free parking is currently available in the multi-storey car park to the right of the hospital road.

**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>• 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

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 *Flixotide Junior</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)**

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

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

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

**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<sup>c</sup>

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

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

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

**Long- Acting Muscarinic medications (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

**Long- Acting Muscarinic/ Long-Acting Beta Antagonist combination (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**

**Short-Acting Muscarinic medications (SAMA)**

**Non-Steroidal Preventers**

