

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

Where to come:

**Respiratory Function Laboratory
University Hospital Geelong
Level 2, Kardinia House, Bellerine Street
Geelong, VIC 3220**



**Please go directly to Kardinia House and turn right towards the Lung Function Laboratory.
Your clinic testers, Carol and Tamsyn, will be waiting for you.**

Call TAHS Study Team: [1800 110 711](tel:1800110711) for issues with your appointment.

Call Respiratory Function Laboratory: [03 5221 1044](tel:0352211044) for information on where to go if lost.

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

Picture of medications

SABA	ICS	LABA
<div data-bbox="140 354 287 500"></div> <div data-bbox="100 505 300 558"> <p>Ventolin Inhaler † ^ salbutamol 100mcg</p> </div> <div data-bbox="153 586 275 745"></div> <div data-bbox="100 750 336 805"> <p>Bricanyl Turbuhaler ^{a c} terbutaline 500mcg</p> </div> <div data-bbox="178 839 275 1026"></div> <div data-bbox="128 1042 333 1102"> <p>Zempreon Inhaler Salbutamol 100mcg</p> </div> <div data-bbox="426 354 577 500"></div> <div data-bbox="386 505 569 558"> <p>Asmol Inhaler † ^ salbutamol 100mcg</p> </div> <div data-bbox="430 597 577 745"></div> <div data-bbox="386 750 611 805"> <p>Airomir Autohaler ‡ # salbutamol 100mcg</p> </div>	<div data-bbox="770 354 917 500"></div> <div data-bbox="726 505 945 599"> <p>Flixotide Inhaler † fluticasone propionate 50mcg • 125mcg • 250mcg <i>*Flixotide Junior</i></p> </div> <div data-bbox="1043 354 1190 500"></div> <div data-bbox="1012 505 1255 600"> <p>Fluticasone Cipla Inhaler † fluticasone propionate 125mcg • 250mcg</p> </div> <div data-bbox="745 628 934 753"></div> <div data-bbox="726 764 953 836"> <p>Flixotide Accuhaler † fluticasone propionate 100mcg • 250mcg • 500mcg</p> </div> <div data-bbox="1035 612 1199 753"></div> <div data-bbox="1012 764 1163 836"> <p>QVAR Inhaler † beclomethasone 50mcg • 100mcg</p> </div> <div data-bbox="770 868 888 1026"></div> <div data-bbox="726 1026 953 1097"> <p>Pulmicort Turbuhaler † budesonide 100mcg • 200mcg • 400mcg</p> </div> <div data-bbox="1035 875 1182 1026"></div> <div data-bbox="1012 1026 1188 1097"> <p>QVAR Autohaler ‡ beclomethasone 50mcg • 100mcg</p> </div> <div data-bbox="745 1130 934 1287"></div> <div data-bbox="726 1299 896 1370"> <p>Alvesco Inhaler † ciclesonide 80mcg • 160mcg</p> </div> <div data-bbox="1026 1135 1199 1287"></div> <div data-bbox="1012 1299 1228 1370"> <p>Arnuity Ellipta † fluticasone furoate 50mcg • 100mcg • 200mcg</p> </div>	<div data-bbox="1375 332 1486 474"></div> <div data-bbox="1339 485 1524 557"> <p>Oxis Turbuhaler ‡ formoterol 6mcg • 12mcg</p> </div> <div data-bbox="1560 354 1745 474"></div> <div data-bbox="1551 485 1776 557"> <p>Serevent Accuhaler ‡ salmeterol 50mcg</p> </div> <div data-bbox="1803 362 2018 467"></div> <div data-bbox="1799 485 2030 557"> <p>Onbrez Breezhaler # indacaterol 150mcg • 300mcg</p> </div>

ICS/LABA



LAMA



LAMA/LABA



ICS/LAMA/LABA	SAMA	Non-Steroidal Preventers
<div></div> <div><p>Trelegy Ellipta^{a c} fluticasone furoate/ umeclidinium/vilanterol 100/62.5/25mcg</p><p>Enerzair Breezhaler^a Indacaterol/glycopyrronium/ mometasone 114/46/136mcg • 114/46/68mcg</p><p>Trimbow Inhaler^c Beclometasone/Formoterol/ Glycopyrronium 100/6/10mcg</p></div>	<div></div> <div><p>Atrovent Metered Aerosol † ^ ipratropium 21mcg</p></div>	<div></div> <div><p>Montelukast Tablet^a montelukast 4mg • 5mg • 10mg <i>Generic medicine suppliers</i></p></div>