

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

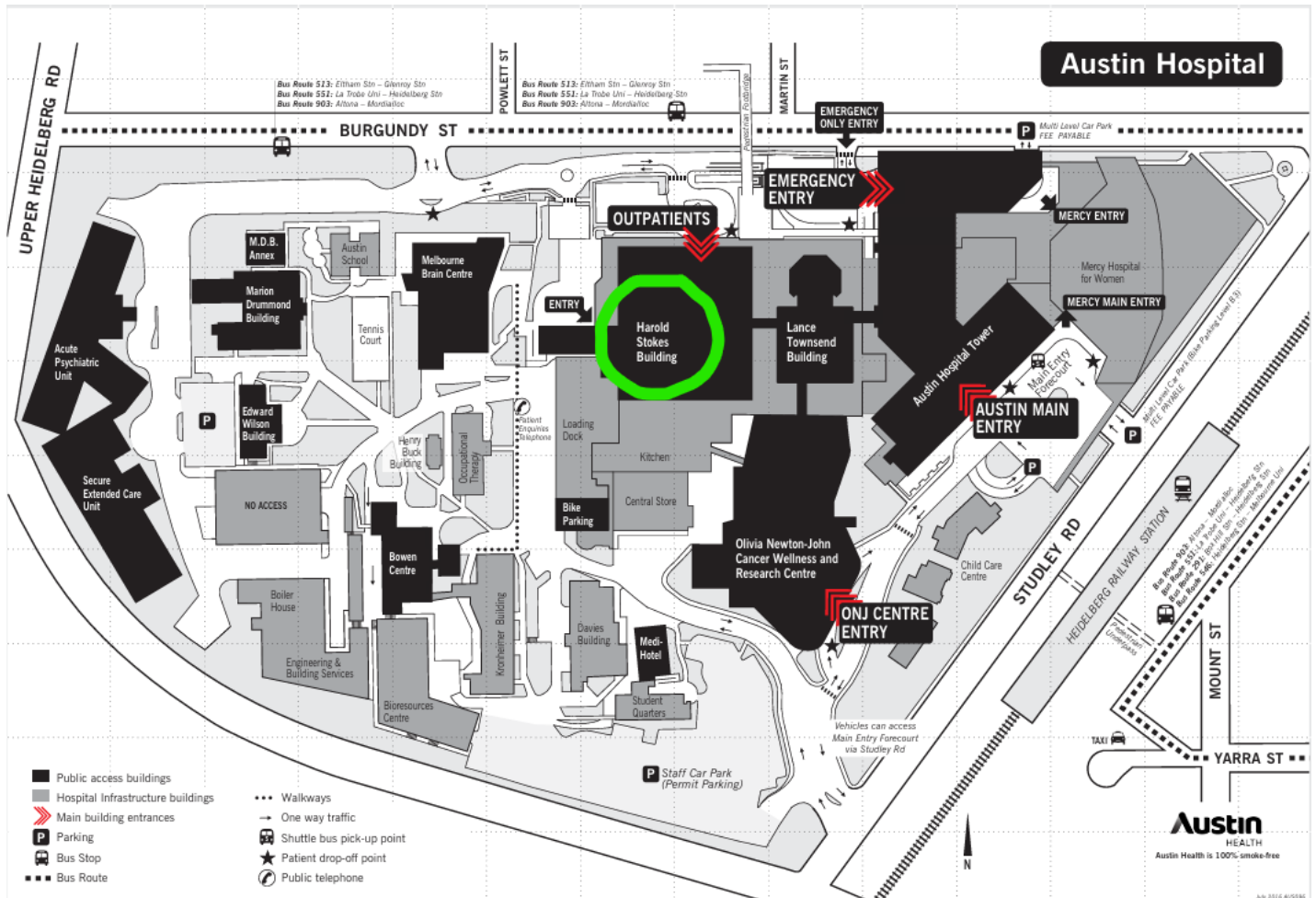
Email: inq-tas@unimelb.edu.au

Where to come:

**Respiratory and Sleep Medicine
Level 5, Harold Stokes Building
Austin Hospital
145 Studley Road, Heidelberg, VIC 3084**

See next page for detailed instructions depending on where you arrive.

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



The Respiratory and Sleep Laboratory is located on Level 5 of the Harold Stokes Building of Austin Health.

FROM THE AUSTIN TOWER CAR-PARK

1. Make a note of where you have parked (there are several carpark levels).
2. Take the Carpark Lift to Level 3.
3. Exit the lift and make a sharp right turn (almost a U-turn).
4. Follow the blue line on the floor of the corridor (for about 400 metres) towards the Harold Stokes Building.
5. The Harold Stokes Lifts are on your left. If you reach the couches, you've gone too far.
7. Take this lift to Level 5.
8. Exit the lift and follow the signs to the Respiratory and Sleep Laboratory.

FROM THE BURGUNDY STREET OUTPATIENT DROP OFF POINT

1. Enter Harold Stokes Building. This is Level 3.
2. Walk diagonally right, following the blue line, to the Harold Stokes Building.
3. Take the lift to Level 5.
4. Exit the lift and follow the signs to the Respiratory and Sleep Laboratory.

FROM HEIDELBERG TRAIN STATION

1. Follow signs from the Train Station towards the Austin Hospital.
2. Cross Studley Road at the pedestrian crossing.
3. Enter the carpark and take the Lift to Level 3.
4. Exit the lift and follow the blue line to the Harold Stokes building.
9. Take the lifts on your left to Level 5.
10. Exit the lift and follow the signs to the Respiratory and Sleep Laboratory.

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

ICS/LABA



Seretide MDI^a
fluticasone propionate/salmeterol
50/25 • 125/25 • 250/25^c



Fluticasone + Salmeterol Cipla Inhaler^a
fluticasone propionate/salmeterol
125/25 • 250/25^c



Seretide Accuhaler^a
fluticasone propionate/salmeterol
100/50 • 250/50 • 500/50^c



Flutiform Inhaler^a
fluticasone propionate/formoterol
50/5 • 125/5 • 250/10



Symbicort Turbuhaler^a
budesonide/formoterol
100/6 • 200/6 • 400/12^c



DuoResp Spiromax^a
budesonide/formoterol
200/6 • 400/12^c



Symbicort Rapihaler^a
budesonide/formoterol
50/3 • 100/3 • 200/6^c



Breo Ellipta^a
fluticasone furoate/vilanterol
100/25^c • 200/25



Fostair Inhaler^a
beclomethasone/formoterol
100/6



Ateectura Breezhaler^a
Indacaterol/mometasone
125/62.5 • 125/127.5 • 125/240

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^c
tiotropium/olodaterol
2.5/2.5



Brimica Genuair^c
aclidinium/formoterol
340/12



Ultibro Breezhaler^c
indacaterol/glycopyrronium
110/50



Anoro Ellipta^c
umeclidinium/vilanterol
62.5/25

ICS/LAMA/LABA

SAMA

Non-Steroidal Preventers



Trelegy Ellipta^{a c}
fluticasone furoate/
umeclidinium/vilanterol
100/62.5/25mcg

Enerzair Breezhaler^a
Indacaterol/glycopyrronium/
mometasone
114/46/136mcg • 114/46/68mcg

Trimbow Inhaler^c
Beclometasone/Formoterol/
Glycopyrronium
100/6/10mcg



Atrovent Metered Aerosol † ^
ipratropium 21mcg



Montelukast Tablet^a
montelukast
4mg • 5mg • 10mg
Generic medicine suppliers