



## 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 currently have any cold/flu 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:

**FHMRI Sleep Health, Level 2A  
5 Laffer Drive,  
BEDFORD PARK, SA, 5042**

## How to get there:

### **By vehicle:**

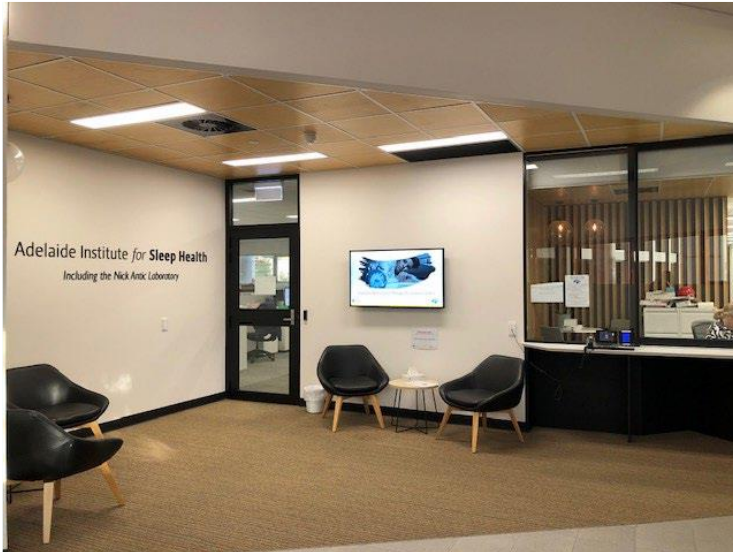
Please enter the carpark, turn left or continue underneath the building and park in one of the parking bays marked VISITOR.

### **By train:**

We are on the Flinders train line. Please alight at the last station near Flinders Hospital and proceed back across the train bridge to the first set of lift/stairs on the northern side of the expressway. We are located in the building across the side street from the lift/stair exit (on Laffer Drive).



**From the main entrance, travel up the flight of stairs from the foyer to level 2, turn left and walk across to level 2A. Our reception is on the left as you enter 2A.**



## Parking

- Parking is free in our carpark in front of the building.




**If you have any issues finding us, please contact Reem Hasaneen on 0433 929 760 or email [reem.hasaneen@flinders.edu.au](mailto:reem.hasaneen@flinders.edu.au).**

Commented [AD1]: Example from another site. Please complete with relevant details

**\*Name of medications to avoid prior to visit (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 to avoid prior to visit.**

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>Aiomir 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**



**Seriide 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



**Seriide 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 • 125/240

**LAMA**



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



**Spiriva Handihaler #**  
tiotropium 18mcg



**Braltus Zonda #**  
tiotropium 13mcg



**Bretaris Genuair #**  
acclidinium 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>**  
acclidinium/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
 <p><b>Trelegy Ellipta</b> <sup>a c</sup> fluticasone furoate/ umeclidinium/vilanterol 100/62.5/25mcg</p> <p><b>Enerzair Breezhaler</b> <sup>a</sup> Indacaterol/glycopyrronium/ mometasone 114/44/136mcg • 114/44/68mcg</p> <p><b>Trimbow Inhaler</b> <sup>c</sup> Beclomethasone/Formoterol/ Glycopyrronium 100/6/10mcg</p>	 <p><b>Atrovent Metered Aerosol</b> <sup>† ^</sup> ipratropium 21mcg</p>	 <p><b>Montelukast Tablet</b> <sup>a</sup> montelukast 4mg • 5mg • 10mg <i>Generic medicine suppliers</i></p>