

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

Where to come:

Pulmonary Physiology & Sleep Medicine
Block G, Level 5
Sir Charles Gairdner Hospital
NEDLANDS, WA, 6009

How to get there:

By vehicle:

Parking for patients and visitors (including ACROD) is available in the multi-deck car park, entry off Winthrop Avenue. This is the closest car park to the hospital. A 2-hour parking voucher can be supplied on the day.

By bus: Buses stop right in front of the main hospital entrance.



From the main entrance, walk straight ahead down 'E Street' inside the hospital. Turn left onto Waiting Walk and head towards the Blue lifts. Take the lifts to level 5 to the Pulmonary Physiology & Sleep Medicine clinic.



If you have any issues, please call us on 1800 110 711.

***Name of medications to avoid prior to visit (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
• Ventolin • Asmol • Bricanyl • Airomir • Zempreon	• Flixotide Inhaler or Accuhaler • QVAR Inhaler or Autohaler • Fluticasone Cipla • Pulmicort • Alvesco • Arnuity	• Oxis • Serevent • Onbrez	• Seretide MDI or Accuhaler • Fluticasone Salmeterol • Flutiform Inhaler • Symbicort Turbuhaler or Rapihaler • DuoResp Spiromax • Breo Ellipta • Fostair Inhaler • Ateectura Breezhaler	• Spiriva Respimat or Handihaler • Braltus Zona • Bretaris Genuair • Seebri Breezhaler • Incruse Ellipta	• Spiolto Respimat • Brimica Genuair • Ultibro Breezhaler • Anoro Ellipta
ICS/LAMA/LABA		Short-Acting Muscarinic medications (SAMA)		Non-Steroidal Preventers	
• Trelegy Ellipta • Enerzair Breezhaler • Trimbow Inhaler		• Atrovent Metered Aerosol		• Montelukast Tablet	

Picture of medications to avoid prior to visit.

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

ICS/LABA



LAMA



LAMA/LABA



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 <i>Generic medicine suppliers</i>