

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:

FHMRI Sleep Health (AISH) – Flinders University
Mark Oliphant Building, Level 2A
5 Laffer Drive, Bedford Park SA 5042

How to get there:

FHMRI Sleep Health is co-located with the Adelaide Institute for Sleep Health on Level 2A, 5 Laffer Drive, Bedford Park SA 5042

Enter via the main entrance to the Mark Oliphant Building [Red Building]. When the main doors open, come up to level 2 via the stairs or lift. Use our reception phone to contact “AISH Sleep Lab” or the relevant researcher for your study.

Alternatively, if you call 08 7421 9862 upon your arrival, we’ll be able to assist you.

Parking

- Free public car parking is available.
- Please enter the carpark, turn left or continue underneath the building and park in one of the parking bays marked “VISITOR” near the main entrance.
- This is the only public car parking available on the University campus for this building.

Please be aware, parking may be limited.
Please allow extra time to park before you visit.

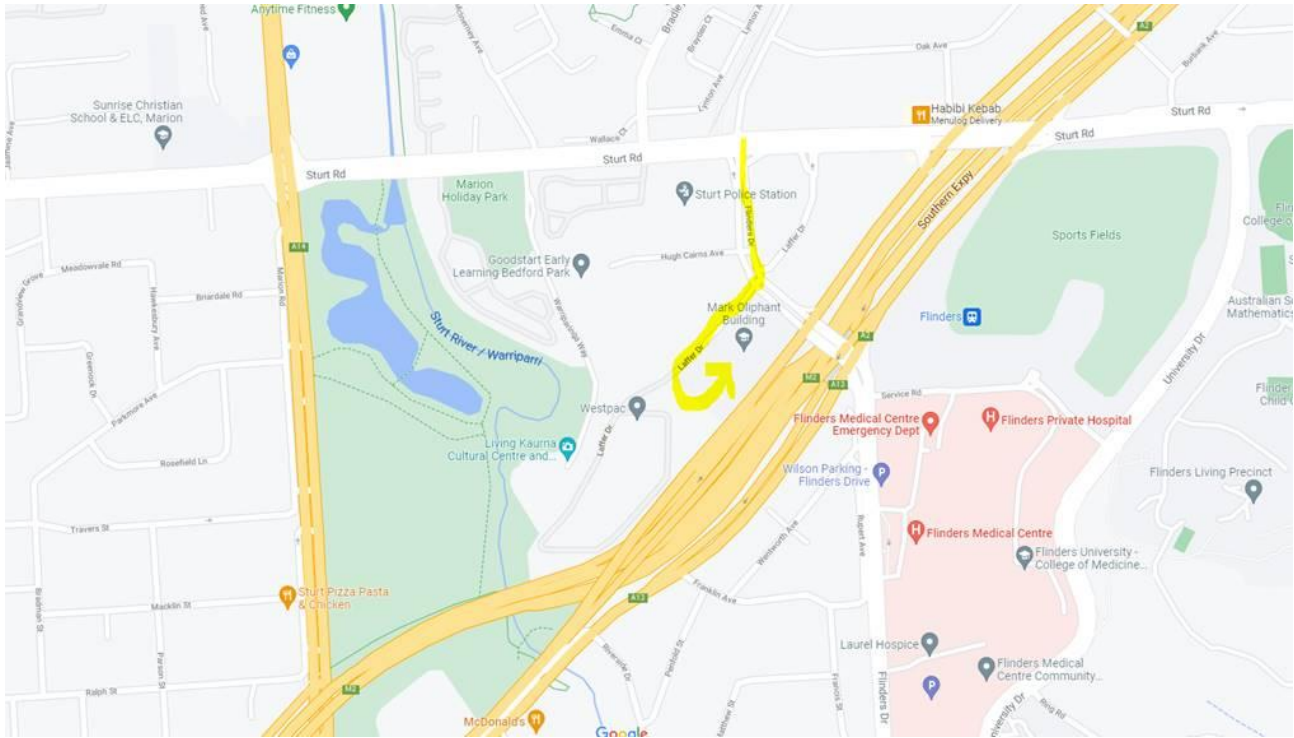
Public transport

We are on the Flinders train line. Please follow 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).

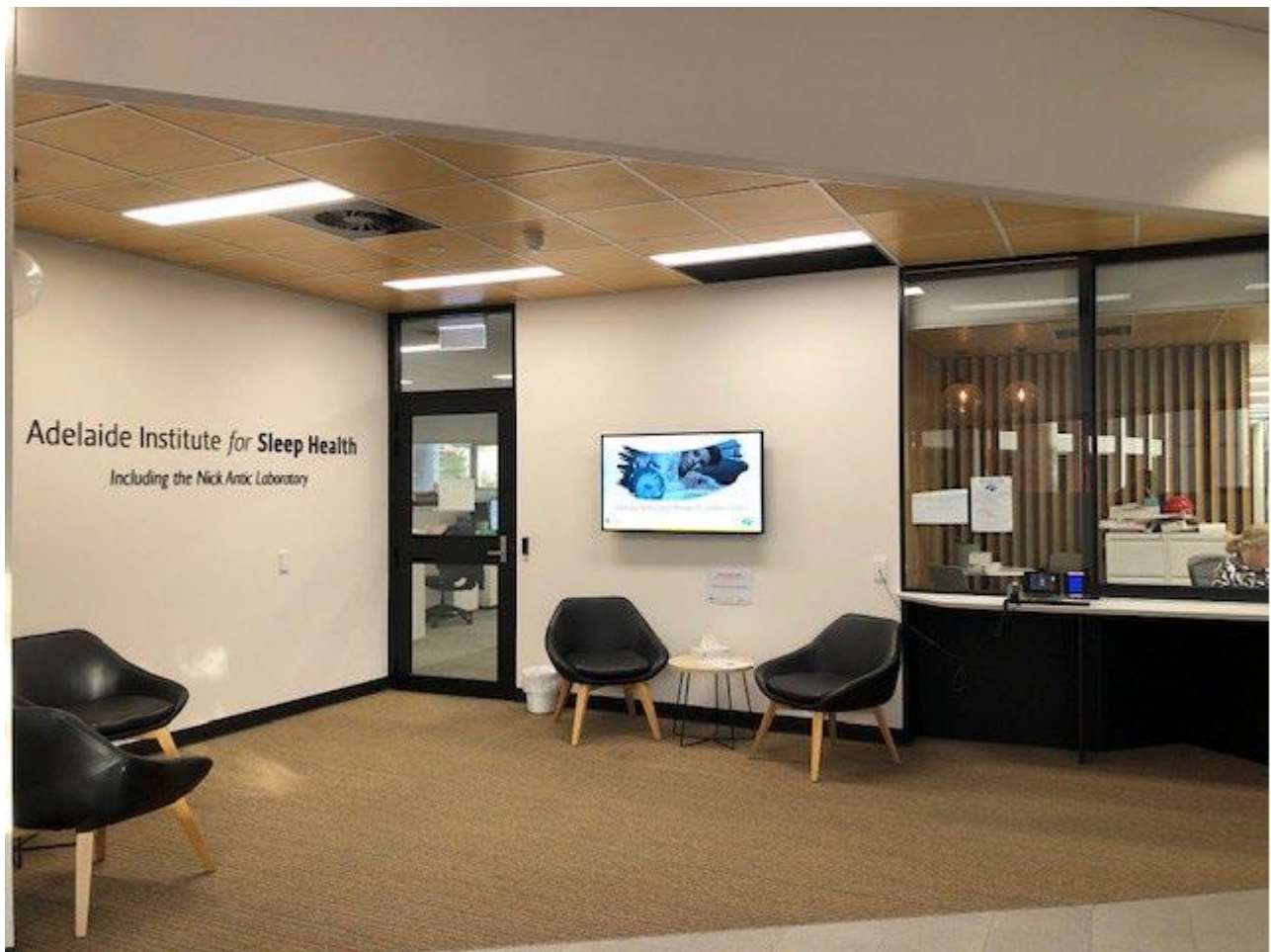
There are train stops located near the Flinders University Campus and Flinders Private Hospital (nearby).

Drop-off zone

- There is a drop-off zone for taxis and Ubers at the front entrance of the Mark Oliphant Building. Please call 1800 110 711 to discuss.



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



***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 Bricanyl Turbuhaler ^{a c} terbutaline 500mcg Zempreon Inhaler Salbutamol 100mcg Asmol Inhaler † ^ salbutamol 100mcg Airomir Autohaler ‡ # 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 † beclomethasone 50mcg • 100mcg Pulmicort Turbuhaler † budesonide 100mcg • 200mcg • 400mcg QVAR Autohaler † beclomethasone 50mcg • 100mcg Alvesco Inhaler † ciclesonide 80mcg • 160mcg Arnuity Ellipta † fluticasone furoate 50mcg • 100mcg • 200mcg	Oxis Turbuhaler ‡ formoterol 6mcg • 12mcg Serevent Accuhaler ‡ salmeterol 50mcg Onbrez Breezhale # 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>