

**Box Hill Hospital**

Monday to Friday  
Respiratory Laboratory, 3N,  
Third Floor, Building B, Nelson Rd

**Maroondah Hospital**

Tuesdays and Thursdays Only  
Davey Drive (near Mt Dandenong Rd)  
Ringwood East

\* Lung Volumes, Skin Prick Test,  
HAST only available Box Hill

**Other Clinical Data:**

**Patient details: please fill in all fields, legibly – help us to help you**

Surname		Name	
Address		Sex	M
UR			F
Phone	Medicare	DOB	

**Clinical Question – suggested tests listed**

Cough FI / Asthma?     Spirometry     TLCO ± Lung Volumes     If normal, Bronchial Challenge

Dyspnoea FI / COPD / Emphysema / OSA / Pre-operative assessment

Interstitial lung disease or Fibrosis / Pulmonary Hypertension / Other (Please specify)  
 Spirometry     TLCO ± Lung Volumes

Asthma for review     Spirometry     Expired Nitric Oxide (FeNO)

Allergies     Spirometry     Expired Nitric Oxide (FeNO)     Skin Prick Test (Aeroallergens)

Oxygen assessment for flight    Hypoxic Altitude Simulation Test (HAST)

Oxygen Assessment     Spirometry     TLCO ± Lung Volumes     6MWT     ABG and O2 Consult

Other tests:  MIPS & MEPS\*     Cardiopulmonary exercise test\*     Anatomic Shunt Fraction\*

Results to	
Dr	Provider No
Address	
Phone	Fax
cc	

Referring Doctor	
Name:	Signature
Provider No:	
<b>Follow up Doctors appointment:</b>	
Date	Time

**ROUTINE TESTS AVAILABLE**

- **Spirometry** Measurement of FEV1 and FVC. Designed to identify obstruction & measure airway reversibility (asthma).
- **TLCO** Measures the lungs ability to transfer oxygen from the alveoli into the pulmonary capillary blood. Varies with: Hb, thickness of alveolar-capillary membrane (fibrosis), surface area of the alveolar-capillary membrane (emphysema).
- **Expired Nitric Oxide (FeNO)** Determines the presence of current eosinophilic airway inflammation.
- **Lung Volumes** (Plethysmography) Measures lung size (eg. TLC) to confirm restriction.
- **MIPS & MEPS** Maximal Inspiratory and Expiratory Pressures: Quantifies respiratory muscle strength.
- **Bronchial Challenge** Measures bronchial hyper reactivity, to assist in the diagnosis of current asthma.
- **Skin Prick Test** (aeroallergens only) Determines the presence of skin sensitizing antibodies (IgE) to aid in the diagnosis of allergic disease.

**SPECIALISED TESTS AVAILABLE**

- **6MWT** (6 minute walk) including ABG, determines need for domiciliary oxygen at rest and during exercise.
- **HAST** (Hypoxic Altitude Simulation Test) Assess patient's oxygen requirements at a simulated altitude for air travel.
- **Shunt Fraction** Measurement of the anatomic shunt.
- **Cardiopulmonary exercise test** Assess the nature and severity of cardiovascular and pulmonary disease.

**CONTRAINDICATIONS**

- Abdominal, thoracic, neuro or ocular surgery past 6/52
- Pneumothorax in past 6 weeks.
- Haemoptysis of unknown origin.
- Open pulmonary TB
- Unstable cardiovascular status.
- Thoracic or cerebral aneurysm.
- Angiogram or Transbronchial biopsy in past 24 hours.
- Intercostal catheters in situ.
- Recent myocardial infarction or pulmonary embolus.

**Please STOP:** Ventolin, Airomir, Asmol, Bricanyl **at least 4 hours prior to test**, unless you really feel you need it, Atrovent, Serevent, Seretide, Oxis, Symbicort, Flutiform, Bretaris, Brimica, DuoResp, Fostair, Fluticasone+Salmeterol Cipla **at least 12 hours prior**. Spiriva, Braltus, Onbrez, Seebri, Spiolto, Ultibro, Anoro, Incruse, Breo, Singulair, Spiolto, Trelegy **at least 24 hours prior**. You may continue: Flixotide, Qvar, Alvesco, Arnuity, Pulmicort, Flutacosone Cipla. **No smoking for at least 6 hours prior to test.**

**Bronchial Challenge:** **STOP all of the above**, including Ventolin, Airomir, Asmol, Bricanyl **at least 8 hours prior to test**, Braltus, Spiriva, Onbrez, Bretaris, Seebri, Spiolto, Ultibro, Anoro, Brimica, Incruse **at least 72 hours (3 days)**, no anti-histamines **for 3 days**. **Also STOP** Flixotide, Qvar, Alvesco, Arnuity, Seretide, Flutiform, Fostair, Breo, Symbicort, Pulmicort, DuoResp, Fluticasone+Salmeterol Cipla, Flutacosone Cipla, Trelegy **for 6 weeks**. Atrovent **for 12 hours**, Serevent, Oxis, Theophylline **for 24 hours** Singulair **for 4 days**. DO NOT have coffee, tea, coke, chocolate (**anything with caffeine**) and Vitamin C supplements **from midnight prior to the test**. No vigorous exercise on the day of the test.

**Skin Prick Tests:** **STOP** Hay fever and allergy medications, including Telfast, Fexotabs, Claratyne, Clarinase, Zadine, Zyrtec, Polaramine, for **3 days** before the test. **Don't Use** creams, moisturiser etc on your arms on the day of the test.

**FeNO breath test:** For **at least one hour** prior to the test – Don't eat or drink (including NO water), don't perform strenuous exercise and don't smoke. **DON'T eat any processed meats on the day** eg bacon, salami, sausages, ham etc.