



# Adelaide Respiratory

Dr S. Porter

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APPOINTMENT DATE.....

## PATIENT DETAILS

Ward/Hospital.....

Family Name..... Given Names.....

D.O.B..... Telephone No.....

Address.....

## TESTS REQUIRED

(Please read instructions on the back of this form)

### SPECIALISED TESTING

- ☐ **Bronchial Provocation**  
(Asthma/EIA/SCUBA)
- ☐ **Ambulatory Oximetry Assessment**  
(6 minute Walk Test)
- ☐ **Anterior Rhinomanometry**  
(Nasal resistance)

### STANDARD TESTING

- ☐ **Spirometry (Flow Volume Loop)**
- ☐ **Diffusing Capacity (Transfer Factor/DLCO)**
- ☐ **Static Lung Volumes (Body Box)**
- ☐ **Skin Allergy Testing**

## CLINICAL HISTORY

## REFERRING DOCTOR

Name.....

Address.....

Telephone..... Fax.....

Email.....

Copy to.....

Doctor's Signature..... Date.....

# PATIENT INSTRUCTIONS

Please Read Carefully

## DO NOT SMOKE FOR 4 HOURS BEFORE TEST

### SPIROMETRY, DIFFUSING CAPACITY, STATIC LUNG VOLUMES

- 1) **DO NOT** take the following for **4 HOURS BEFORE** the test:  
- *Ventolin, Atrovent, Bricanyl, Asmol, Airomir*
- 2) **DO NOT** take the following for **12 HOURS BEFORE** the test:  
- *Symbicort, Oxis, Betaris, Singulair, Seretide, Flutiform, Serevent*
- 3) **DO NOT** take the following for **24 HOURS BEFORE** the test:  
- *Brondecon, Neulin, Spiriva, Breo, Anoro, Onbrez, Seebri, Alvesco, Incruse, Ultibro*

### BRONCHIAL PROVOCATION (Aridol Challenge)

- a) **DO NOT** take the following for **8 HOURS BEFORE** the test:  
- *Intal, Tilade, Ventolin, Bricanyl, Asmol, Airomir*
- b) **DO NOT** take the following for **12 HOURS BEFORE** the test:  
- *Qvar, Pulmicort, Flixotide, Atrovent*
- c) **DO NOT** take the following for **24 HOURS BEFORE** the test:  
- *Serevent, Seretide, Betaris, Flutiform, Oxis, Symbicort, Alvesco, Nuelin*
- d) **DO NOT** take the following for **72 HOURS BEFORE** the test:  
- *Spiriva, Zyrtec, Telfast, Claratyne, Breo, Anoro, Onbrez, Seebri, Alvesco, Incruse, Ultibro*
- e) **DO NOT** take the following for **4 DAYS BEFORE** the test:  
- *Singulair*
- f) Ingestion of significant amounts of caffeine (coffee, tea, cola, energy drinks) should be avoided prior to testing.
- g) Vigorous exercise should not be performed prior to (on the day) of the test and smoking should be refrained for 6 hours before the test.

Further information is available at [www.adelaiderespiratory.com.au](http://www.adelaiderespiratory.com.au)

### SKIN ALLERGY TEST

**DO NOT** take hayfever and allergy medications (antihistamines) for **4 DAYS BEFORE** the test:  
eg, Zyrtec, Telfast, Claratyne.

**All other inhalers/puffers and medications  
should be taken as usual.**

**If you become very wheezy or short of breath,  
please take your reliever medication and call  
Adelaide Respiratory on 8232 4200.**

