

Box Hill Hospital
Ground Floor, Building B, Nelson Rd
Maroondah Hospital
Tuesdays and Thursdays Only
Room 11, Out Patients Dept
Davey Drive (near Mt Dandenong Rd)
Ringwood East

Angliss Hospital
Albert Street, Upper Ferntree Gully
Respiratory Out Patients Only
* Lung Volumes, FeNO, 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	Mob	DOB	/ /

Clinical Question – suggested tests listed below, please delete tests not required

<input type="checkbox"/> Cough FI / Asthma?	Spirometry, TLCO ± FeNO ± Lung Volumes If normal above, Bronchial Challenge
<input type="checkbox"/> Dyspnoea FI / COPD / Emphysema / OSA / Pre-operative assessment	
<input type="checkbox"/> Interstitial lung disease or Fibrosis / Pulmonary Hypertension / Other (Please specify):	Spirometry, TLCO ± Lung Volumes
<input type="checkbox"/> Asthma for review	Spirometry, Expired Nitric Oxide (FeNO) ± TLCO If patient current/ex-smoker
<input type="checkbox"/> Allergies	Spirometry, Expired Nitric Oxide (FeNO), Skin Prick Test (Aeroallergens)
<input type="checkbox"/> Oxygen assessment for flight	Hypoxic Altitude Simulation Test (HAST)
<input type="checkbox"/> Oxygen Assessment	Spirometry, TLCO ± Lung Volumes, 6MWT, ABG and O2 Consult
Other tests: <input type="checkbox"/> MIPS & MEPS <input type="checkbox"/> Cardiopulmonary exercise test <input type="checkbox"/> Anatomic Shunt Fraction	

Results to	
Dr	Provider No
Address	
cc	

Signature	Date
Provider No	
Follow up clinic appointment:	
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 in past 6/52
- Pneumothorax in past 6 weeks.
- Haemoptysis of unknown origin.
- Open pulmonary TB
- Unstable cardiovascular status.
- Thoracic, abdominal 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 **at least 12 hours prior**. Spiriva, Onbrez, Seebri, Spiolto, Ultibro, Anoro, Incruse, Breo, Singulair **at least 24 hours prior**. You may continue: Flixotide, Qvar, Alvesco, Pulmicort. **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**, 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, Seretide, Flutiform, Breo, Symbicort, Pulmicort **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.