



**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,  
 MIPS MEPS, HAST & Shunt  
 only available at Box Hill

**Other Clinical Data:**

ALL TESTS BULK BILLED Please type or copy/paste into fields – help us to help you		
Surname	Name	
Address	Sex	M
		F
UR		
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 ± Cardiopulmonary Exercise Test (CPET)	
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* Anatomic Shunt Fraction*	
Tests Ordered		
Spirometry	TLCO	Lung volumes*
Exhaled Nitric Oxide	Skin Prick Tests*	Bronchial Challenge
6MWT	HAST*	Shunt Fraction*
ABGs	Oxygen assessment	MIPS & MEPS*

**Referring Doctor**

Dr	Provider No
Address	
Phone	Fax
Signature	Date

Signature not required if uploaded electronically

**Copy of results sent to:**

**Follow up Doctors 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 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.