

Patient Details:

Name: _____ Date of Birth: ____ / ____ / ____
Address: _____

Postcode: _____
Telephone: _____ Mobile: _____

Referred by:

Name: _____ Provider No.: _____
Signature: _____ Date: _____

Services Required:

☐ **URGENT**

☐ **NON-URGENT**

RESPIRATORY CONSULTATION ☐ Yes ☐ No

☐ **Full Lung Function (Spirometry, lung volumes and gas transfer)**

☐ **Spirometry (with further testing if needed or if indicated by result)**

☐ **Spirometry / FeNO* (asthma or suspected asthma)**

☐ **Bronchial Provocation Test (Mannitol)**

☐ **Respiratory Muscle Strength
(MIPS & MEPS*, lying and standing spirometry)**

☐ **6 Minute Walk Test**

☐ **Air** ☐ **O₂**

☐ **Overnight Oximetry**

☐ **Skin Prick Testing**

*FeNO = Fractional Exhaled Nitric Oxide, MIPS = Maximal Inspiratory Pressures,
MEPS = Maximal Expiratory Pressures

CLINICAL NOTES: _____

MEDICATIONS: _____

Physician Enquiries

Dr Miriam Vassallo Ph: 07 3193 5400
Email: admin@breathewell.com.au

INFORMATION	PATIENT INSTRUCTIONS
Spirometry Measures the amount and speed of inhaled and exhaled air, before and after bronchodilator. Used to identify and monitor impaired ventilatory function and response to bronchodilators.	ALL TESTS - Do not smoke for at least 1 hour before the test. - Do not consume alcohol or caffeinated drinks for 4 hours before the test. - Do not perform vigorous exercise for 1 hour before the test - Do not eat a large meal or have a big drink for 3 hours before the test. - Do not wear restrictive clothes.
CO transfer Measures the transfer of gas from the lung to the red blood cells. Affected by emphysema, asthma, clots or bleeding in the lungs, scarring of the lung, or diseases affecting the blood vessels in the lung.	SPIROMETRY - Do not take relievers such as Ventolin, Bricanyl, Atrovent or Asmol on the day of the test. However take them if you feel you need them. - Do not take long acting relievers such as Oxis or Serevent for 12 hours before the test.
Lung volumes Helpful in distinguishing between obstructive and restrictive disease and show effects of chronic respiratory conditions on the efficiency of the respiratory system.	TRANSFER FACTOR Avoid smoking for 24 hours before the test if possible.
Bronchial Provocation Used to confirm the presence of asthma, may be required for employment purposes.	BRONCHIAL PROVOCATION TEST You will be given some Mammilol (a sugary powder), to inhale. Between doses you will perform a breathing test to assess your response to Mammilol. Before this test please avoid the medications below, for the specified period. However if you feel you need them, take them, and inform our staff to reschedule the test.
MIPS and MEPS Maximal inspiratory and expiratory pressures. Measure of respiratory muscle strength.	Day of test 8 Hours before test 12 Hours before test 24 Hours before test 48 Hours before test 72 Hours before test 4 Days before
Lying and standing VC Measures difference in vital capacity between lying and standing. Used to assess diaphragm function.	Caffeine (coffee, energy drinks, cola or chocolate), do not smoke or perform vigorous exercise. Ventolin, Bricanyl, Asmol, Alromir, Atrovent, Intal, Tilade. Pulmicort, Flixotide, Alvesco, Qvar, Arnuity. Nuelin (Theophylline). Seretide, Symbicort, Serevent, Breo ellipta, Oxis. Spiriva, Seebri, Bretaris, Ultibro, Anoro ellipta, Brimic, Incruse ellipta, and antihistamines like Zyrtec, Telfast, Claratyne, Polaramine, Phenergan.
Overnight oximetry Continuous measurement of oxygen saturation during sleep. Part of home oxygen assessment.	Singular.
6 minute walk test Required by Medicare/ DVA to support application for supplemental oxygen on exercise.	
FeNO Measures the concentration of Nitric Oxide (NO) released from epithelial cells of the bronchial wall. This helps to identify airway inflammation, and therefore supports a diagnosis of asthma and likelihood to respond to inhaled cortico-steroids. Also helps to determine adherence to steroids and/or if dosage should be increased.	