

U. R.:
 Name:
 D.O.B.:
 Gender: M /F (please circle)
 Phone:

In-patient: & ward _____

Austin

HEALTH
**RESPIRATORY
 LABORATORY
 REQUEST**

Department of Respiratory & Sleep Medicine
 Austin Hospital
 PO Box 5555
 Heidelberg 3084

Tel: (03) 9496 3688 (option 1, option 1) Fax: (03) 9496 3723
 Medical Director: **Dr. C. J. Lanteri** Senior Scientist: **Mr D. J. Brazzale**

Clinical History

Campus booking:
 Austin
 Repatriation
Appt. Date & Time
 ___ / ___ / ___ : ___

Requesting Doctor:
 Name _____
 Prov # _____
 Report to: _____

Please test on current medication **OR**
 I have instructed patient to with-hold medication as per overleaf (PTO)

Sign _____
 Date: ___ / ___ / ___

Interpreter needed

REQUEST:

- 1 Spirometry Flow/Volume Curve
- 2 TLCO (CO Transfer Factor)
- 3 Plethysmographic Lung Volumes*
- 4 Bronchial Provocation (please select)
 - a) Methacholine*
 - b) Mannitol *
- 5 Arterial Blood Gases & CO-Oximetry*
- 6 Shunt*

- 7 Maximal Respiratory Pressures*
- 8 6MWD*
- 9 Cardio-pulmonary Exercise Test*
- 10 Altitude Simulation Test*
- 11 Skin Prick Test*
- 12 FeNO (with spirometry)
- 13 Other* (specify below)

(**N.B.** * = only available at the Austin)
 (Tests 5 & 6 Austin Health APA)

Instructions for Patients;

1. **When instructed by your doctor**, on the day of your test **do not take your puffers** or inhalers **unless absolutely necessary** for the following times prior to your appointment;
 - Short acting puffers (eg Ventolin, Bricanyl)..... 8 hours
 - Long acting puffers (eg Seretide, Symbicort, Spiriva, Flutiform, Onbrez, Bretaris, Breo, Ultibro, Seebri, Incruse, Anoro)...48 hours
 - Large meals, strenuous exercise2 hours
 - Caffeine containing products4 hours
2. If your tests include an exercise test (box number **8** or **9** overleaf will be ticked) your doctor should have advised you to wear loose clothing suitable for cycling (no skirts/dresses).
3. **Parking at hospitals is often congested** - please allow at least 20 minutes for parking. There is also a "drop off" zone near the entry at all sites. **If you are late for your appointment it will likely require re-scheduling to another day.**

For requesting Doctors: A short guide to Respiratory Function Tests;

1. **Spirometry Flow/Volume Curve** - a test of ventilatory capacity used to confirm and quantify severity of obstructive lung disease – **if reversibility assessment is needed please advise patient to withhold inhaled medications as above.**
2. **TLCO** – transfer factor is useful in assessing parenchymal gas exchange and pulmonary blood flow.
3. **Lung Volumes** – quantification of lung sub-divisions. Useful in confirming restrictive lung processes, or severity of gas trapping and hyperinflation in obstructive pathologies.
4. **Bronchial provocation** – assessment of airway hyper-responsiveness in a controlled dose response to agents known to trigger bronchospasm in asthmatics. (**Inhaled medications must be withheld as per instructions above.**)
5. **Arterial Blood Gas** – measures gas transport (oxygen, carbon dioxide) in the blood and acid-base balance.
6. **Shunt** – assessment of the fraction of cardiac output that may bypass the lungs.
7. **Maximal Respiratory Pressures** – quantifies respiratory muscle strength, in particular the diaphragm. Useful in neuromuscular disease.
8. **6MWD** – an assessment of exercise capacity and oxygen saturation during a standardised 6 minutes of walking exercise. Useful in advanced disease.
9. **Cardio-pulmonary Exercise Tests** – assessment of maximal exercise response from lung, heart and metabolism, quantifying the overall fitness and responses from each system in concert.
10. **Altitude Simulation** – a hypoxic challenge that simulates flight in a commercial aircraft. Useful to assess the need for supplemental oxygen during flight.
11. **Skin prick tests** – detecting the presence of atopy to common inhaled allergens.
12. **FeNO** – measures concentration of nitric oxide in exhaled breath as a marker of eosinophilic airway inflammation.
13. **Other** – specific tests of physiologist function as discussed with Laboratory staff.