

Information for Patients



What to bring to your appointment

- Your GP or specialist referral
- Invoicing information if referred by 3rd party
- A current medication list and any allergies that you may have
- Your Medicare Card
- Your DVA (Veterans Affairs) Card if you have one
- Your Concession/Pension card if you have one

Lung function preparation instructions for all tests

All patients are asked to refrain from the following before their test:

- Smoking (1 hour)
- Performing vigorous exercise (1 hour)
- Consuming alcohol or caffeinated drinks (4 hours)
- SABA inhaler use (Ventolin, Bricanyl etc.) (8 hours)

Test Preparation Withholding Times

Bronchial Provocation Test									Allergen Skin Prick Test
All Tests	8 Hours	4 Hours	6 Hours	12 Hours	24 Hours	36 Hours	48 Hours	3 Days	4 Days
	Asmol® Bricanyl® Ventolin® Zempreon®	Intal® Tilade®	Flixotide® Fluticasone Cipla® Pulmicort® QVAR®	Atrovent®	Alvesco® Arnuit® Foradil® Theo-Dur® Nuelin®	Breo® Cipla® DuoResp® Flutiform® Oxis® Seretide® Serevent® Symbicort®	Onbrez®	Anoro® Bretaris® Brimica® Enerzair® Incruse® Seebri® Spiolto® Spiriva® Trelegy® Trimbow® Ultibro®	Singulair® Montelukast
									Avil® Benadryl® Claratyne® Claramax® Periactin® Phenergan® Polaramine® Telfast® Zyrtec®

On the day of your test, please avoid caffeine (coffee, tea, chocolate, energy drinks), smoking, and strenuous exercise, as these can affect your results.

Allergen Skin Prick Test: No Anti-histamines for 72 hours prior. Some mood stabilisers (e.g., Endep, Avanza) can affect results. Please tell us if you take prednisone when booking.

Cardiopulmonary Exercise Test ONLY: On test day: Avoid heavy meals, smoking, and alcohol.
Wear comfortable shoes and clothes for cycling.

We ask that you please DO NOT attend our lab and get tested if you develop any COVID-19 symptoms. If you are awaiting the result of a COVID-19 swab, you must isolate until a negative result is received. We must protect our most vulnerable patients, therefore if you are exhibiting any of the following symptoms (not attributed to a known non-transmissible respiratory condition) you will be asked to reschedule your appointment:

- Fever, body aches and pains, sore throat, headaches, runny or stuffy nose, cough, loss of sense of smell or taste.

If you have any questions about your upcoming test, please call our reception on 07 3607 5194.