Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
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Braybrook
Tenancy 2, 330 Ballarat Road, Braybrook 3019

Kilmore
75 Powlett Street, Kilmore 3764

Please read before your appointment

What happens, how to prepare and what to bring.

Your bronchial provocation test (mannitol)

Date: _____ Time: _____ Clinic: ☐ Epping ☐ Brunswick ☐ Doncaster East ☐ Braybrook ☐ Kilmore

Bronchial provocation testing checks whether your airways are over-sensitive ("twitchy"), which is a feature of asthma. It is used when asthma is suspected but ordinary spirometry is normal, to confirm or rule out asthma, and to see how well your treatment is controlling it. Because the test looks for airway sensitivity, medicines that protect your airways must be withheld for longer than usual.

What happens during the test

- The test starts with ordinary spirometry. You then breathe in mannitol — a dry powder — from a small inhaler, in gradually increasing doses, and repeat a spirometry blow after each dose. If your airways are sensitive, they narrow a little and the blow falls.
- The test stops as soon as a set fall in your breathing is seen, or once the full dose has been given. You are then given a reliever puffer and spirometry is repeated to check that your breathing is back to normal before you leave.
- You may cough, or feel some chest tightness or wheeze during the test — this is expected and settles quickly with the reliever. A respiratory scientist is with you the whole time. Allow up to 90 minutes.

Before your test

- Withhold your inhalers and the other medicines listed below for the times shown — they are longer than for ordinary spirometry.
- Avoid caffeine (coffee, tea, cola, energy drinks and chocolate) for 24 hours. Do not smoke, vape or exercise strenuously on the day of the test; no alcohol for 8 hours and no large meal for 2 hours before the test.
- Bring all your inhalers and a list of your medicines and doses.
- If you are unwell, or you have had a chest infection or an asthma flare-up in the past few weeks, call us before the test — it may need to be rebooked.

On the day

- Wear loose, comfortable clothing.
- Bring your referral and Medicare card. Lung function tests are bulk billed with a current referral.
- Allow 45–90 minutes for your visit — most patients have more than one breathing test at the same appointment.

Do not stop a medicine you need to stay safe. If you need your reliever, take it and tell the scientist when you arrive — we can still test you or rebook. Unless your doctor or our reception team has told you otherwise, withhold the medicines below for the times shown; if you are unsure about any medicine, call (03) 9422 0077 before your appointment.

Medicines to withhold before bronchial provocation testing

Medicine (examples)	Withhold for
Reliever puffers — salbutamol (Ventolin, Asmol, Airomir), terbutaline (Bricanyl)	8 hours
Ipratropium (Atrovent)	12 hours
Twice-daily long-acting and combination inhalers — Seretide, Symbicort, Flutiform, DuoResp, Fostair, Serevent, Oxis	36 hours
Once-daily long-acting inhalers (Breo Ellipta, Trelegy, Anoro, Ultibro, Spiolto, Onbrez, Striverdi), twice-daily triple-therapy inhalers (Trimbow, Breztri) and long-acting anticholinergics (Spiriva, Seebri, Incruse, Bretaris)	72 hours
Preventer-only inhaled steroid — Flixotide, Pulmicort, Qvar, Alvesco	Skip the morning dose (6 hours)
Montelukast (Singulair)	4 days
Antihistamines — Zyrtec, Claratyne, Telfast, Phenergan	72 hours
Theophylline (Nuelin)	24 hours
Caffeine — coffee, tea, cola, energy drinks, chocolate	24 hours

Your results

A respiratory scientist performs the tests and one of our respiratory physicians reports them. The report is sent to your referring doctor within two weeks. If your GP referred you for the tests only, your GP goes through the results with you (and can ask us for a consultation if the report recommends one); if you are already seeing one of our physicians, the results are discussed at your next appointment. If you have not heard from your doctor three weeks after the test, call (03) 9422 0077.

Cost, cancellations and questions

- Lung function tests are bulk billed with a valid referral — there is no charge for the test.
- To change or cancel your appointment, call (03) 9422 0077 during business hours (Monday to Friday, 9:00 am – 5:00 pm). Please give at least 48 hours' notice.
- Arabic (العربية), Chinese (中文) and Vietnamese (Tiếng Việt) versions of these instructions are available from reception.
- Questions: (03) 9422 0077. Full guide online: **sleepandlungcare.com.au/our-service/bronchial-provocation-testing**

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