Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
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Epping
Level 2, Suite 4A, 230 Cooper Street, Epping 3076

Brunswick
202 Moreland Road, Brunswick 3056

Doncaster East
105 Blackburn Road, Doncaster East 3109

Braybrook
Tenancy 2, 330 Ballarat Road, Braybrook 3019

Kilmore
75 Powlett Street, Kilmore 3764

Please read before your appointment
Some medicines hide what the test is trying to measure.

Preparing for your lung function test

Unless your doctor or our reception team has told you otherwise, withhold the medicines below for the times shown before your appointment. The second column is for routine tests (spirometry, lung volumes, gas transfer, FeNO); the third is for bronchial provocation (mannitol) testing.

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. If you are unsure about any medicine, call (03) 9422 0077 before your appointment.

Medicine (examples)	Spirometry, lung volumes, gas transfer, FeNO	Bronchial provocation (mannitol)
Reliever puffers — salbutamol (Ventolin, Asmol, Airomir), terbutaline (Bricanyl)	4–6 hours	8 hours
Ipratropium (Atrovent)	12 hours	12 hours
Twice-daily long-acting and combination inhalers — Seretide, Symbicort, Flutiform, DuoResp, Fostair, Serevent, Oxis	24 hours	36 hours
Once-daily long-acting inhalers — Breo Ellipta, Trelegy, Anoro, Ultibro, Spiolto, Onbrez, Striverdi	36–48 hours	72 hours
Twice-daily triple-therapy inhalers (they contain a long-acting anticholinergic) — Trimbow, Breztri	36–48 hours	72 hours
Long-acting anticholinergics — Spiriva, Seebri, Incruse, Bretaris	36–48 hours	72 hours
Preventer-only inhaled steroid — Flixotide, Pulmicort, Qvar, Alvesco	Take as usual	Skip the morning dose (6 hours)
Montelukast (Singulair)	Take as usual	4 days
Antihistamines — Zyrtec, Claratyne, Telfast, Phenergan	Take as usual	72 hours
Theophylline (Nuelin)	Take as usual	24 hours
Caffeine — coffee, tea, cola, energy drinks, chocolate	Avoid on the morning of the test	24 hours
Smoking or vaping	Not within 1 hour	Not within 1 hour
Alcohol	Not within 8 hours	Not within 8 hours
Vigorous exercise · a large meal	Not within 1 hour · not within 2 hours	Not within 1 hour · not within 2 hours

On the day

- Wear loose, comfortable clothing.
- Bring all your inhalers and a list of your medicines and doses.
- Bring your referral and Medicare card. Tests are bulk billed with a current referral.
- Allow 45–90 minutes. The tests are painless: you breathe through a mouthpiece while a respiratory scientist guides you.

Your appointment

Date: _____ Time: _____

Clinic: ☐ Epping ☐ Brunswick ☐ Doncaster East ☐ Braybrook ☐ Kilmore

Tests: ☐ Spirometry ☐ Lung volumes ☐ Gas transfer ☐ FeNO ☐ Provocation ☐ 6-minute walk

Need to change your appointment? Please give at least 48 hours' notice. Full guide online: **sleepandlungcare.com.au/respiratory-function-tests**

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