Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
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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
What happens, how to prepare and what to bring.

Your respiratory muscle strength test

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

This test measures how strong your breathing muscles are. MIP and MEP are the maximal inspiratory and expiratory pressures — the strongest breath in and out you can make against a closed mouthpiece — and SNIP is the sniff nasal inspiratory pressure, measured during a short, sharp sniff. It is used when muscle weakness may be affecting your breathing, and to follow it over time.

What happens during the test

- For MIP you breathe out as far as you can, then breathe in as hard as you can against the blocked mouthpiece, holding the effort for a second or two. For MEP you breathe in fully, then blow out as hard as you can against the mouthpiece.
- For SNIP a small soft plug is placed in one nostril and you make a short, sharp sniff through your nose while the pressure is measured.
- Each effort is repeated several times to record your best result. The test is painless, although the efforts can be tiring, and takes about 15–20 minutes. Spirometry is usually done at the same visit.

Before your test

- If you are having spirometry or other breathing tests at the same visit, withhold your inhalers as shown in the table below; take your other medicines as usual.
- Bring all your inhalers and a list of your medicines and doses.
- No smoking or vaping for 1 hour, no alcohol for 8 hours, no vigorous exercise for 1 hour and no large meal for 2 hours before the test.
- If you are unwell on the day, call us before you come — the test 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 the test

Medicine (examples)	Withhold for
Reliever puffers — salbutamol (Ventolin, Asmol, Airomir), terbutaline (Bricanyl)	4–6 hours
Ipratropium (Atrovent)	12 hours
Twice-daily long-acting and combination inhalers — Seretide, Symbicort, Flutiform, DuoResp, Fostair, Serevent, Oxis	24 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)	36–48 hours
Preventer-only inhaled steroid (Flixotide, Pulmicort, Qvar, Alvesco), montelukast (Singulair), antihistamines, theophylline (Nuelin)	Take as usual
Caffeine — coffee, tea, cola, energy drinks, chocolate	Avoid on the morning of the test

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/respiratory-muscles-strength**

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