



Facility: COM HKH MQE MVH RNS RYD

REFERRAL TO RNSH RESPIRATORY INVESTIGATION UNIT

Form with fields: FAMILY NAME, MRN, GIVEN NAME, MALE, FEMALE, D.O.B., M.O., ADDRESS, PH, M/C, FIN, LOCATION / WARD, ADM, DD / MM / YYYY

COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE

Respiratory Investigation Unit - Level 8A, RNSH (take yellow lift) Phone: 9463 2811 Fax: 9463 2089 Email: NSLHD-RNSH-RIU@health.nsw.gov.au

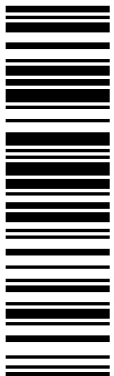
Referral to: Prof. Greg King or Dr Ben Harris. Outpatient, Inpatient, Urgent, Clinically Essential, Non Urgent options.

Tests Requested section with checkboxes for Spirometry, Methacholine Challenge, Mannitol Challenge, Hypertonic sodium chloride Challenge, Eucapnic Voluntary Hyperventilation Challenge, Cardio-pulmonary Exercise Test, etc.

Requesting Practitioner Details and Clinical Information and Current Respiratory Medications sections.

Special Instructions for Patient section with numbered instructions for Standard Respiratory Function Tests, Bronchial Challenge, and Skin Prick Test.

For RIU Admin Use section with fields for Appt Date and Time, Patient Email, and Visit ID.



REF09294

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CATALOGUE NUMBER NS09294-E JAN22/V6

REF TO RESPIRATORY INVESTIGATION UNIT



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REFERRAL TO RNSH RESPIRATORY INVESTIGATION UNIT

FAMILY NAME		MRN
GIVEN NAME		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
D.O.B. DD / MM / YYYY	M.O.	
ADDRESS		
		PH
M/C	FIN	
LOCATION / WARD		ADM DD / MM / YYYY

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Patient Information Sheet

Standard Respiratory Function Test

- **Spirometry:** Measures how easily air moves in and out of the lungs. You will take a big breath in and blow out as quickly and for as long as you can. Sometimes we may give you a puffer to see if it helps your breathing.
- **Lung Volumes:** Measures how much air you can hold in your lungs.
- **Diffusion Capacity:** Determines how easily the oxygen moves from your lungs to your blood.

Bronchial Challenge

- Used to assist in the diagnosis and management of asthma.
- **Unless instructed by your physician, do not use any:**
 - Short-acting inhalers e.g. salbutamol (Ventolin/Asmol); ipratropium (Atrovent) - 6 hours prior to your test.
 - Long-acting inhalers e.g. fluticasone/salmeterol (Seretide); budesonide/formoterol (Symbicort); fluticasone/formoterol (Flutiform); tiotropium (Spiriva) - 48 hours prior to your test
 - Antihistamines e.g. loratadine (Claratyne); cetirizine (Zyrtec); fexofenadine (Telfast) - 72 hours prior to your test
- **Methacholine (not a registered medication in Australia):** You will inhale several doses of a spray similar to a chemical which is naturally produced in the body. After each dose we will measure Spirometry to see if your airways react.
- **Hypertonic Saline:** You will inhale salty water for varying time periods. After each time we will measure Spirometry to see if your airways react.
- **Mannitol:** You will inhale several doses of a sugary powder that will progressively become more concentrated. After each dose we will measure Spirometry to see if your airways react.
- **Eucapnic Voluntary Hyperventilation:** This test is designed to mimic the effect of exercise. You will be rapidly breathing dry air for 6 minutes. Then we will measure Spirometry several times over the next 15 minutes to see how your airways react.

Maximal Exercise Test/Cardiopulmonary Exercise Test

- Requires you to peddle on a bicycle for as long as you can whilst we monitor your heart and lungs. **Wear appropriate clothing and comfortable walking/running shoes.**
- **NB. Please bring a report from any cardiac stress tests you have had.**

Resting Energy Expenditure

- Determines the amount of energy used by a person at rest. You will sit quietly and breathe into a machine for about 15 minutes.

Skin Prick Test (SPT)

- Helps diagnose allergies. You will be pricked on the arm to introduce a tiny amount of allergen. If you are allergic you will get a small, itchy bump that in most cases will last for up to a day. Do not take any antihistamines e.g. loratadine (Claratyne); cetirizine (Zyrtec); fexofenadine (Telfast), 72 hours before your test.

6 Minute Walk Test (6MWT)

- Measures the distance you can walk in 6 minutes. We will also be monitoring your oxygen and heart rate. Wear appropriate clothing and comfortable walking/running shoes.

Exhaled Nitric Oxide

- An exhaled nitric oxide test can help with the diagnosis and treatment of asthma. It measures the level of nitric oxide gas in an exhaled sample of your breath.

Respiratory Muscle Pressures

- If your doctor wants to evaluate the strength of your respiratory muscles, he/she will request an assessment of your maximal respiratory pressures. The test measures the force generated when you forcefully breathe in and out. A Sniff test is performed by breathing through your nose.

Forced Oscillation Technique (FOT)

- You will breathe "wobbly" air for 30 seconds at rest.

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