Sleep & Respiratory Referral

Sleep, Respiratory Clinic and Testing
Suite 47/23 Norton St Leichhardt NSW 2040
Phone. 1300 182 100
www.somahealth.com.au

SomaHealth
sleep & respiratory

Please fax referral to 02 8076 3430 or email to info@somahealth.com.au
One of our staff will contact the patient to book a Bulk-Billed initial appointment

Consultant Physicians:

A/Prof Anthony Byrne – English / Español
Dr James Di Michiel – English
Dr Corinna Pan – English / 中文
Dr Xiao Hu – English / 中文
Dr Mina Shehata – English / Arabic
Dr Daniel Ishak – English / Arabic
Prof. Usama Mohamed – English / Arabic
Dr Shu Han Emily Liu – English / 中文
Dr Alexandra Dollman – English / French
Dr Vicky Chang – English / 中文
Dr Phillip Nguyen – English / Vietnamese

Patient Details:

Surname: _____ First Name: _____

D.O.B: / / Sex: M [ ] F [ ]

Address: _____ Phone: _____

_____ Mobile: _____

☐ DVA

Clinical History:

_____

_____

_____

Services: Consultation, Nasoendoscopy, Pulmonary Function Testing, FeNO, Bronchial Provocation Testing, Allergy Testing, Rhinomanometry, Inlab and Home Sleep Testing.

Investigation Required *(Please Indicate)*

☐ Consultation
☐ Sleep Apnoea Investigation
☐ Pulmonary Function Test
☐ COPD
☐ Asthma
☐ Allergy Test

If possible, please withhold using any puffers/Inhalers and smoking on the day of your initial appointment. May be varied at your referring doctor's discretion – refer to back page.

Referring Doctor Details *(Please Include Provider Number)*

Please stamp/insert details:

Signature: _____

Date: _____

Thank you for your referral.

☐ **Please tick here to request more referral forms**

Patient Medication Withholding Chart – Asthma Test

The following medication should be withheld prior to taking Aridol™ (mannitol)[1] for an Asthma test.

Withholding Time	Medication
6–8 hours	**Inhaled Nonsteroidal Anti-Inflammatory Agents:** e.g. sodium cromoglycate (Intal®); nedocromil sodium (Tilade®)
8 hours	**Short-Acting Beta 2 Agonists** e.g. salbutamol (Ventolin®); terbutaline sulfate (Bricanyl®)
12 hours	**Inhaled Corticosteroids** e.g. beclomethasone dipropionate (Qvar®); budesonide (Pulmicort®); fluticasone propionate (Flixotide®)
	Anticholinergic Bronchodilators e.g. ipratropium bromide (Atrovent®)
24 hours	**Inhaled Corticosteroids and Long-Acting Beta 2 Agonist Combination Products** e.g. fluticasone and salmeterol (Seretide®); budesonide and eformoterol (Symbicort®)
	Long-Acting Beta 2 Agonists e.g. salmeterol xinafoate (Serevent®); eformoterol fumarate (Foradile® or Oxis®)
	Phosphodiesterase Inhibitors / Adenosine Receptors e.g. theophylline (Nuelin®)
72 hours	**Long Acting Anticholinergics** e.g. tiotropium bromide (Spiriva®)
	Antihistamines: Over-the-Counter & Prescription e.g. brompheniramine maleate (Dimetapp®); diphenhydramine (Benadryl®); loratadine (Claratyne®); cetirizine (Zyrtec®); fexofenadine (Telfast®); levocetirizine dihydrochloride (Xyzal®)
4 days	**Leukotriene-Receptor Antagonists** e.g. montelukast sodium (Singulair®)

Patient Medication Withholding Chart – Allergy Test

48 hours	**Short-acting antihistamines** e.g. chlorpheniramine (Piriton®); hydroxizine (Ucerax®); acrivastine (Benadryl®)
5 days	**Long-acting Antihistamines** e.g. loratadine (Claratyne®); desloratadine (Neoclarytin®); cetirizine (Zyrtec®); levocetirizine (Xyzal®); fexofenadine (Telfast®)

Foods: Ingestion of significant quantities of coffee, tea, cola drinks, chocolate or other food containing caffeine may affect test results. These substances should be withheld on the day of the test (prior to testing).[1]

Exercise: Vigorous exercise should not be performed prior to testing on the day of the test.[1]

Smoking: Patients should refrain from smoking for at least 6 hours prior to testing.[1]

The information contained in this sheet is not designed to replace the advice of your doctor/healthcare professional. Please consult your healthcare professional.

The drug names provided are illustrative and may not include all drugs within a category. Please discuss with your healthcare professional.

Withholding periods are a recommendation[1] and may be varied at the clinician's discretion.

Ref: 1 Aridol (mannitol powder for inhalation) TGA approved Product Information 26 June 2014.



SomaHealth Sleep & Respiratory
Suite 47/23 Norton St Leichhardt NSW 2040
Phone. 1300 182 100