Sleep & Respiratory Referral

SLEEP SCOPE
a division of Scope Healthcare

*For Cardiology services, please use our Heartscope referral form
*For Radiology services, please use our Scope Radiology referral form

PATIENT NAME | DATE OF BIRTH

ADDRESS

GENDER M/F/NB | CONTACT NUMBER | MEDICARE NO

SERVICES REQUESTED | CLINICAL DETAILS

REFERRING DOCTOR DETAILS

DOCTOR SIGNATURE | DATE (mandatory)

RESULTS
- ☐ Fax Report
- ☐ HealthLink Electronic Report Delivery

COPIES TO

Medical practitioners can request our services online via **www.sleepscope.com.au/ref**

Referred for

- ☐ **Respiratory Consultation** (including Lung Function Test)*
- ☐ **Lung Function Test** (Combined Spirometry and Gas Transfer Factor)*
- ☐ **CT Chest** (NC Scan)
- ☐ **Spirometry** (Pre/Post - Bronchodilator)*
- ☐ **Lung Volumes Test** (Body Plethysmography)*
- ☐ **FeNO** (Fractional exhaled Nitric Oxide) + Spirometry

*17 years and older. Please turn over for preparation details

- ☐ **Lung Screening:** This patient meets the eligibility criteria of the National Lung Cancer Screening Program (NLCSP)
  - ☐ Low Dose non-contrast CT scan of the chest for Lung Cancer Screening (MBS Item Number 57410)
  - ☐ Follow-up Low Dose non-contrast CT scan of the chest for Lung Cancer Screening (MBS Item Number 57413)
- ☐ **Sleep Consultation**
- ☐ **Home-based Sleep Study (18 years and older) [MBS 12250] -** Medicare rebate eligibility criteria apply.

The following questionnaires MUST BE COMPLETED for Medicare rebate assessment.

Sleep Questionnaires. Please complete these to the best of your ability, circle the applicable points and provide a total.

Epworth Sleepiness Scale (≥ 8 to qualify)

Situation	Chance of Dozing/Sleeping			
	Never	Slight	Moderate	High
1. Sitting and reading.	0	1	2	3
2. Watching TV.	0	1	2	3
3. Sitting, inactive in a public place (eg. a theatre or a meeting).	0	1	2	3
4. As a passenger in a car for an hour without a break.	0	1	2	3
5. Lying down to rest in the afternoon when circumstances permit.	0	1	2	3
6. Sitting and talking to someone.	0	1	2	3
7. Sitting quietly after lunch without alcohol.	0	1	2	3
8. In a car, as the driver, while stopped for a few minutes in traffic.	0	1	2	3
Total Score Out Of 24:				

STOP BANG Questionnaire (≥ 3 to qualify)

		Yes	No
1.	Does the patient **Snore?**	1	0
2.	Do they feel **Tired,** fatigued or sleepy during the day?	1	0
3.	Has anyone **Observed** them stop breathing during their sleep?	1	0
4.	Do they have or are being treated for high blood **Pressure?**	1	0
5.	Is their **BMI** greater than 35?	1	0
6.	Are they **Aged** 50 years or older?	1	0
7.	Is their **Neck** circumference greater than 40cm?	1	0
8.	Is their **Gender** male?	1	0
	Total Score Out Of 8:		

OR

OSA50 Questionnaire (≥ 5 to qualify)

		Yes	No
Obesity	Waist circumference: Male > 102 cm Female > 88 cm	3	0
Snoring	Has their snoring ever bothered others?	3	0
Apnoeas	Has anyone noticed them stop breathing during their sleep?	2	0
50	Are they aged 50 years or older?	2	0
	Total Score Out Of 10:		

v2606

SLEEP SCOPE
a division of Scope Healthcare

APPOINTMENT DATE

TIME _____ DATE ____/____/____ LOCATION _____

Patient information

Bookings call: 1800 202 111
Fax: (03) 8669 4575 (or scan the QR code opposite)
Email: info@sleepscope.com.au

Please bring your referral form, Medicare card / DVA card / Concession card and medications list with you.

Appointments/Bookings

Please scan the QR code to request an appointment & upload your referral. We will contact you to arrange a suitable date for your appointment.
www.sleepscope.com.au/bookings

- ☐ **Dr Rajiv Sharma** MBBS, FRACP
- ☐ **Dr Anton Antonov** MBBS, FRACP, B.Pharm (HONS I)
- ☐ **Dr Vishnu Jeganathan** MBBS, FRACP
- ☐ **Dr Xun Li** MBBS, MD, AMC, FRACP
- ☐ **Dr Mahsa Mirdamadi** MD, FRACP
- ☐ **Dr Calvin Sidhu** MBBS, FRACP
- ☐ **Dr Chris Lyne** BBiomed, MD, FRACP
- ☐ **Prof Peter Wark** BMed, MMed, PhD, FRACP, FThorSoc

Your doctor has recommended that you use Sleepscope. You may choose another provider, but please discuss this with your doctor first.

SLEEPSCOPE CLINIC LOCATIONS			Sleep and Respiratory Consultation	CT Chest / NLCSP	Home-based Sleep Study	Lung Function Test	Lung Volumes Test	FeNO + Spirometry
SOUTH EAST								
Clayton	Sleepscope Clayton	Shop T03, Ground Floor, M-City, 2107-2125 Dandenong Road, Clayton, VIC 3168	●	●	●			
Dandenong	Sleepscope Dandenong	40 Stud Road, Dandenong, VIC 3175	●		●	●		●
Pakenham	Sleepscope Pakenham	2 McGregor Road, Pakenham, VIC 3810			●	●		
Wheelers Hill	Sleepscope Wheelers Hill	G1, 202 Jells Road, Wheelers Hill, VIC 3150	●		●	●	●	●
EAST								
Ashburton	Sleepscope Ashburton	Unit 7, 330 High Street, Ashburton, VIC 3147			●			
Boronia	Sleepscope Boronia	2/179 Boronia Road, Boronia, VIC 3155			●	●		
Mooroolbark	Sleepscope Mooroolbark	Unit 1, 96 Manchester Road, Mooroolbark, VIC 3138			●			
NORTH								
Lalor	Sleepscope Lalor	6 Messmate Street, Lalor, VIC 3075	●		●	●		●
WEST								
St Albans	Sleepscope St Albans	306 Station Road, St Albans, VIC 3021	●		●	●		
Werribee	Sleepscope Werribee	245 Heaths Road, Werribee, VIC 3030			●	●		
INNER CITY								
Melbourne	Sleepscope Melbourne	Suite 10, Level 2, 517 St Kilda Road, Melbourne, VIC 3004	●		●	●		

Preparation

Lung Function Test (Spiro/Transfer Factor/Lung Volumes)
Medication restrictions Do not take:

- **At least 4 hours prior:** Ventolin, Airomir, Asmol, Bricanyl, unless you really feel you need it.
- **At least 12 hours prior:** Alvesco, Anoro, Atrovent, Beclomethasone, Breo, Breo-Ellipta, Bretaris, Brimica, Flixotide, Flutiform, Incruse, Onbrez, Oxis, Pulmicort, Salmeterol, Seebri, Seretide, Serevent, Singulair, Spiolto, Spiriva, Symbicort & Ultibro.
- **No smoking for at least 6 hours** prior to the test.

How to prepare
Scan the QR code for information on preparing for your medical procedure.
www.sleepscope.com.au/prep

Why Choose Sleepscope?

- **Advanced Sleep & Respiratory Testing.**
- **Rapid Access & Fast Results:** Most tests booked within days and quick reports.
- **Specialist Expertise:** Sleep physicians, respiratory scientists and CPAP therapists working together.
- **Personalised Treatment Plans:** Evidence-based guidance tailored to your lifestyle and health goals.
- **Trusted Statewide:** Thousands of referrals from healthcare professionals each year.
- **With You Every Breath You Take:** Compassionate team guiding you from booking through to long-term care.

Your doctor has referred you to Sleepscope because they trust us to look after your health. Rest assured—you're in expert hands.