Sleep & Respiratory Referral

SLEEP SCOPE
a division of Scope Healthcare

*For QUEENSLAND Use

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	COPIES TO
		☐ Fax Report ☐ Health Link Electronic Report	

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)*
- ☐ **Spirometry (Pre / Post Bronchodilator)***
- ☐ **Sleep Consultation**
- ☐ **Home-based Sleep Study (18 years and older) [MBS 12250] -** Claimable once per year.
  Medicare Bulk Billing Requirements, the following questionnaires MUST BE COMPLETED:
  Epworth Sleepiness Scale (ESS) ≥ 8 Points and STOP-BANG score: ≥ 3 Yes ticks

***17 years and older**

Please turn over for preparation details

EPWORTH SLEEPINESS SCALE (ESS)

Enter the most appropriate number for each situation:

- Would never doze 0
- Slight chance of dozing 1
- Moderate chance of dozing 2
- High chance of dozing 3

Situation	Chance of dozing (0–3)
1. Sitting and reading	☐
2. Watching television	☐
3. Sitting inactive in a public place (e.g. a theatre or a meeting)	☐
4. As a passenger in a car for an hour without a break	☐
5. Lying down to rest in the afternoon when circumstances permit	☐
6. Sitting and talking to someone	☐
7. Sitting quietly after lunch without alcohol	☐
8. In a car, while stopped for a few minutes in traffic	☐
Total Score (If your score is 8 Points or more, please complete the STOP-BANG questionnaire)	☐

STOP-BANG QUESTIONNAIRE

	YES	NO
1. **SNORING:** Do you snore loudly?	☐	☐
2. **TIRED:** Do you often feel tired, fatigued or sleepy during the daytime?	☐	☐
3. **OBSERVED:** Has anyone observed you stop breathing during your sleep?	☐	☐
4. **BLOOD PRESSURE:** Do you have or are you being treated for high blood pressure?	☐	☐
5. **BMI:** Is your BMI more than 35kg/m²? (If unsure, please leave blank)	☐	☐
6. **AGE:** Are you over 50 years old?	☐	☐
7. **NECK CIRCUMFERENCE:** Is your neck circumference greater than 40cm?	☐	☐
8. **GENDER:** Are you male?	☐	☐
Total Score (3 ticks required to qualify)	☐	

Note: To qualify for Medicare Bulk Billing, ESS score must be 8 points or more. The STOP-BANG must also be completed with a minimum of 3 YES ticks to qualify

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APPOINTMENT DATE

/ /

TIME DATE LOCATION

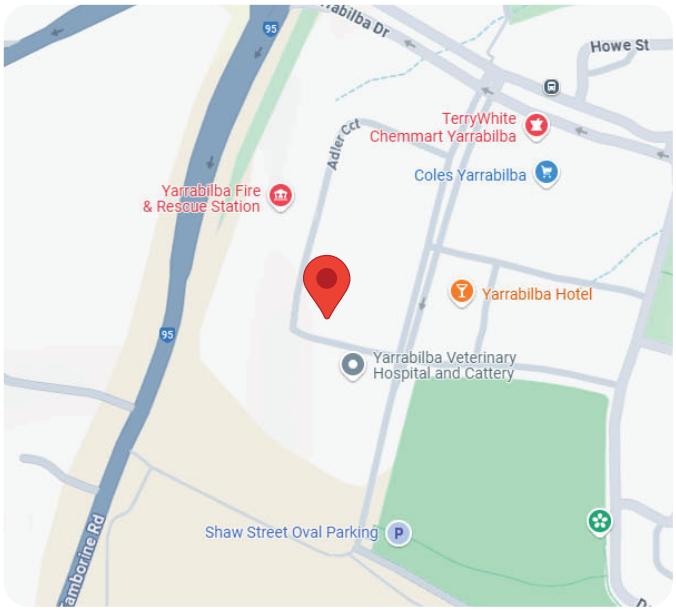
Patient information

Bookings call: 1800 202 111
Fax: (03) 8669 4575 (or scan the QR code opposite)

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

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

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

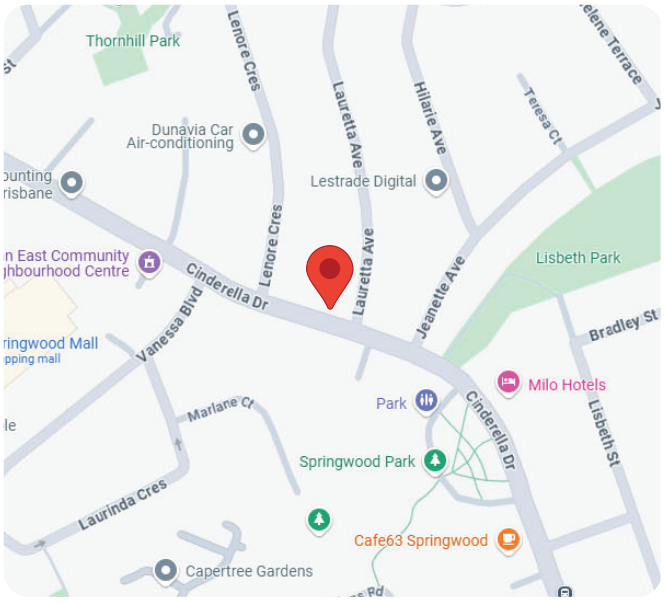


Sleepscope Yarrabilba

34-36 Adler Cct, Yarrabilba QLD 4207

Services

- Consultations
- Spirometry Tests
- Lung Function Tests
- Home-Based Sleep Studies



Sleepscope Springwood

52 Cinderella Dr, Springwood QLD 4127

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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.

Home-Based Sleep Study

- **Avoid** using any creams, moisturisers, or makeup on the day of the test.
- Wear **loose, comfortable clothes** suitable for sleeping to the appointment.
- **Remove** any nail polish from your fingers.
- **Shower** at home before arriving at the clinic.
- **Public transport** to and from the clinic is not recommended.

How to prepare
Scan the QR code for information on preparing for your medical procedure.

www.sleepscope.com.au/prep