

Methacholine Challenge Test

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Your doctor wants you to have a breathing test called a methacholine challenge test. This test will help to diagnose asthma or reactive airways.

You will breathe into a machine after you inhale different doses of medicine. Your response to the medicine will be checked. This test may take up to 90 minutes.

Medicines to stop taking before the test

- **For 3 days before the test, do not take** antihistamines (Claritin[®], Allegra[®], Zyrtec[®]) or over-the-counter medicines that contain antihistamines (Tylenol[®] PM, Benadryl[®]).
- **For 2 days before the test, do not take:**
 - long-acting inhaled bronchodilators (Serevent[®], Foradil[®], nebulized Brovana[®], Perforomist[®], Spiriva[®], Tudorza[™])
 - oral bronchodilators (Brethine[®], theophylline, Terbutaline, Theo-Dur[®], Proventil[®], Repetabs[®])
 - cromolyn sodium (Intal[®]).
- **For 1 day before the test, do not take:**
 - medium-acting inhaled bronchodilators (Combivent[®], Atrovent[®], nebulized DuoNeb[®])
 - leukotriene modifiers (Accolate[®], Singulair[®], Zyflo[®]).

Your appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Please arrive 15 minutes before your appointment.

Phone number: _____

Call at least 24 hours before your appointment if you need to cancel or reschedule.

Note: This test cannot be done if you are pregnant or if you think you may be pregnant.

- **For 8 hours before the test, do not take** short-acting inhaled bronchodilators (Ventolin[™], Proair[®], Proventil[®], Xopenex[®]).
- Beta blocking and ACE inhibiting heart medicines can affect this test, so talk with your doctor about heart medicines before coming in for your test.
- Talk with your doctor about oral and inhaled steroids (prednisone, Vanceril[®], Azmacort[®], Flovent[®], Pulmicort Flexhaler[®], AeroBid[®], Advair[®], Qvar[®]).

Before the test

- Reschedule the test if you had a cold, virus, or sinus or respiratory infection within the past 6 weeks.
- Write down your current prescription and over-the-counter medicines, including herbals and vitamins.
- No caffeine the day of the test (chocolate, coffee, tea, or soft drinks that have caffeine).
- Do not exercise the day of the test.
- Do not smoke the day of the test.
- You may be asked to sign a consent form.
- You may be asked if you need to go to the bathroom before the test.

During the test

- You will be asked to blow air as hard as you are able through a special machine to measure the amount of air in your lungs (called a “spirometer”).
- You will breathe in a small amount of methacholine through a mouthpiece.
- You will be asked to blow air as hard as you are able through the machine again.
- You will continue breathing in larger doses of methacholine and then blowing through the machine.
- The length of the test will depend on how well you tolerate the dosages of methacholine. Your doctor will tell you when the test is done.
- You should not feel pain during the test. Tell your doctor if you feel any discomfort.

After the test

- Your doctor will talk with you about your test results.
- You may return to your normal activities.

Whom to call with questions

Call your doctor if you have any questions about the test.