

# Methacholine Challenge Test

## Methacholine Challenge Test

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<sup>®</sup>, Allegra<sup>®</sup>, Zyrtec<sup>®</sup>) or over-the-counter medicines that contain antihistamines (Tylenol<sup>®</sup> PM, Benadryl<sup>®</sup>).
- **For 2 days before the test, do not take:**
  - long-acting inhaled bronchodilators (Serevent<sup>®</sup>, Foradil<sup>®</sup>, nebulized Brovana<sup>®</sup>, Perforomist<sup>®</sup>, Spiriva<sup>®</sup>, Tudorza<sup>™</sup>)
  - oral bronchodilators (Brethine<sup>®</sup>, theophylline, Terbutaline, Theo-Dur<sup>®</sup>, Proventil<sup>®</sup>, Repetabs<sup>®</sup>)
  - cromolyn sodium (Intal<sup>®</sup>).
- **For 1 day before the test, do not take:**
  - medium-acting inhaled bronchodilators (Combivent<sup>®</sup>, Atrovent<sup>®</sup>, nebulized DuoNeb<sup>®</sup>)
  - leukotriene modifiers (Accolate<sup>®</sup>, Singulair<sup>®</sup>, Zyflo<sup>®</sup>).
- **For 8 hours before the test, do not take** short-acting inhaled bronchodilators (Ventolin<sup>™</sup>, Proair<sup>®</sup>, Proventil<sup>®</sup>, Xopenex<sup>®</sup>).
- 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<sup>®</sup>, Azmacort<sup>®</sup>, Flovent<sup>®</sup>, Pulmicort Flexhaler<sup>®</sup>, AeroBid<sup>®</sup>, Advair<sup>®</sup>, Qvar<sup>®</sup>).

## Your Appointment

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Please arrive 15 minutes before your appointment.

Phone number: \_\_\_\_\_

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment.

## Before the Test

- Reschedule the test if you had a cold, virus, or sinus or respiratory infection within the past 6 weeks.
- Prepare a list of your current prescription and over-the-counter medicines, herbals and/or vitamins.
- Do not eat or drink caffeine the day of the test (chocolate, coffee, tea or some soft drinks that have caffeine).
- Do not exercise the day of the test.
- Do not smoke the day of the test.
- This test cannot be done if you are pregnant or if you think you may be pregnant.
- 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. If you feel any discomfort, tell your doctor.

## 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

If you have any questions about preparing for the test or the test itself, please call your doctor.