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Patient Preparation for Methacholine Challenge

The purpose of this test is to determine whether your airways are more sensitive to broncho-constriction than normal. This is done by administering a medication, methacholine and measuring your response to this drug by pulmonary function testing. If your lungs are more sensitive than normal, methacholine will probably cause some amount of airway closure or tightness. This test will help define the presence and degree of airway sensitivity in your lungs.

Since methacholine at high enough doses will cause some degree of airway constriction even in normal subjects, precautions will be taken to give you the minimum dosage necessary to produce a valid result: A pulmonary function test will be done prior to the administration of the methacholine to determine that your lung function meets a minimum baseline standard for giving the methacholine. Then you will inhale the methacholine in gradually increased strengths until either we obtain a positive response (as determined by pulmonary function testing) or else the highest dosage has been given. A medicine, albuterol which will counteract the effects of the methacholine will be given after the testing is done regardless of the result.

Although patients with asthma are markedly more sensitive to methacholine than non-asthmatics other factors may cause a positive result. To reduce the possibility of having a positive result which has nothing to do with asthma, the following should be adhered to as strictly as possible.

Check with your doctor first about the safety of discontinuing any of these medications.

- Stop taking these medication at least **6-8 hours** before testing:
Ventolin, Proventil, Albuterol, Alupent, Atrovent, Brethine, Maxaire, Intal
- Stop taking these medications at least **24 hours** before testing:
Combivent, atrovent
- Stop taking these medication **48 hrs** before testing:
Serovent, Advair, Symbicort, Foradil and over the counter cold and allergy preparations, antihistamines, decongestants, and any theophylline product such as Theodur, Slo-Bid.
- Tiotropium bromide (Spiriva) up to **1 week** before.

The test should not be done:

- If you are taking a beta-blocker
- If you suspect you are pregnant
- If you suspect you have epilepsy, cardiovascular disease, peptic ulcer disease, thyroid disease or a urinary tract obstruction.
- If you have had an upper respiratory infection or an immunization in the last 4 weeks

In Addition:

- No caffeine, cola, chocolate, exercise or smoking at least 6 hours before test.
- Try to avoid exposure to known allergens for 24 hours before testing.

Any questions or if you need to reschedule or cancel call 239-985-1925.