

Methacholine Challenge Test: Patient Instructions

A doctor, nurse or a physician assistant will review these instructions and add information specific to you.

What is a Methacholine Challenge Test?

A Methacholine Challenge Test is a lung function test to assist in the diagnosis of asthma.

You cannot perform a Methacholine Challenge Test if you have any of the following conditions:

- You are currently taking a Beta Blocker. Your doctor may instruct you to temporarily stop taking your Beta Blocker medication. Refer to the table below to see when you should stop taking your beta-blocker medication before your test.
- Your Systolic Blood Pressure is greater than 200, or Diastolic Blood Pressure is greater than 100, taken immediately before the start of your test.
- Your lung function is too low at the beginning of the test.
- You had an aortic aneurysm, heart attack or stroke in the last 3 months.
- You had eye surgery, or any condition where pressure raised in the skull (caused by forced exhalation) could be harmful. Wait time to be determined by provider who monitors this condition.
- You have had a respiratory infection in the past 4 weeks.
- You are pregnant or nursing.
- You are currently using a Cholinesterase Inhibitor (for Myasthenia Gravis).
- You are unable to tolerate Albuterol Sulfate (but may be replaced by your own Xopenex®).
- You are currently taking Monoamine Oxidase Inhibitors (MAOIs).

How do I prepare for the Methacholine Challenge Test?

- Avoid exercise, smoking and second-hand smoke for 6 hours prior to testing.

Temporarily stop taking the medications indicated before your test:

Medication group:	Time before the test:	Name of Medication:
Short-acting inhaled beta-agonists (example: ProAir [®] , Xopenex [®])	6 hours	
Long-acting inhaled beta-agonists (example: Salmeterol)	36 hours	
Ultra-long acting beta-agonists (example: Indacaterol, Vilanterol)	48 hours	
Short-acting anticholinergics (example: Atrovent [®] 40µg)	12 hours	
Long-acting anticholinergics (example: Spiriva [®])	1 week	
Corticosteroids (inhaled, oral)	48 hours	
Any preparation containing Ephedrine	48 hours	
Cromolyn Sodium (example: Intal [®])	8 hours	
Theophylline (example: Theolair [™] , Uniphyll [®])	24 hours	
Beta Blocker	As instructed by prescribing provider	
Monoamine Oxidase Inhibitors (MAOIs)	2 weeks	

Instructions given by: *** _____

Clinic phone: _____

Please fax to the Pulmonary Function Lab at (734) 763-2059 upon completion.
Call (734) 936 - 5250 to schedule appointment.

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