



University of Michigan
Health System

Name: _____

CPI: _____

Pulmonary Diagnostic Services
Phone (734) 936-5250

Patient Preparation for Methacholine Challenge

American Thoracic Society. Guidelines for Methacholine and Exercise Challenge Testing-1999. Am J Crit Care Med 2000, 161:309-329

Instructions to be given and form completed by a Physician or R.N.

- ❖ Methacholine Challenge **CANNOT** be performed if the following conditions exist:
 - Currently receiving Beta-Blocker agents.
 - Systolic BP >200, or Diastolic BP >100.
 - Pregnant/nursing mothers.
 - Known aortic aneurysm, heart attack or stroke in the last 3 months.
 - Respiratory infection in the past 4 weeks (does not include sinus infections).
 - Current use of Cholinesterase Inhibitor (for Myasthenia Gravis).
 - FEV1 < 70 %Predicted, FEV1 < 1 Liter, FEV1/FVC < 65 Actual Value.
- ❖ Instructions:
 - Do not eat or drink any foods that contain caffeine for 6 hours prior to testing which includes coffee, tea, cola, and chocolate.
 - Avoid exercise and cold air for 2 hours prior to testing.
 - Avoid smoking and second hand smoke for 6 hours prior to testing.

❖ Medications to be withheld:

<u>Medications</u>	<u>Time</u>	<u>Name of Patient's Medication</u>
Oral, inhaled or injected bronchodilators	48 hours	_____
Tiotropium (long acting Atrovent)	1 week	_____
Oral methylxanthines (Theophylline)	48 hours	_____
Corticosteroids, oral or inhaled	48 hours	_____
Leukotriene modifiers	48 hours	_____
Cromolyn Sodium (Intal)	48 hours	_____
Tilade (Nedocromil)	48 hours	_____
Antihistamines	72 hours	_____
Primatine Mist	48 hours	_____
Any preparation containing Ephedrine	48 hours	_____

Instructions given by: _____ Date: _____ Clinic Phone #: _____
(Signature)

Copy of instructions given to patient: _____

(rev 10/09)

*****Please fax with the doctor order/requisition to the Pulmonary Function Laboratory upon completion at (734) 763-2059***Call (734) 936-5250 to schedule the patient appointment*****