GRAHAM HEALTH SYSTEM

Methacholine Challenge Patient Instructions

A Methacholine Challenge Test helps your healthcare provider determine whether you may have asthma or sensitive airways. During the test, you will inhale increasing concentrations of a medication called methacholine while breathing tests are performed to measure how your lungs respond.

The test is performed under the supervision of trained respiratory care staff and generally takes approximately 60-90 minutes.

To Prepare for Your Test:

Before your Test:

- Arrive 15 minutes before your scheduled appointment time.
- Wear loose, comfortable clothing.
- Bring a current medication list.
- Continue using your supplemental oxygen as prescribed unless instructed otherwise.

Do NOT:

- Use tobacco products for at least **4 hours** before testing.
- Consume caffeine (coffee, tea, soda, energy drinks, or chocolate) for **4 hours** before testing.
- Drink alcohol within **4 hours** of your appointment.
- Perform strenuous exercise for **6 hours** before testing.
- Eat large meals immediately before testing.

Medication Instructions:

Certain respiratory medications may affect your test results and may need to be held before testing. Unless otherwise directed by your provider:

- **Albuterol (ProAir®, Ventolin®, Proventil®), Levalbuterol (Xopenex®), Terbutaline, Airsupra®:** Hold for **4-6 hours** before testing.
- **Ipratropium (Atrovent®):** Hold for **12 hours** before testing.
- **Long-acting inhalers** such as **Serevent® (Salmeterol), Foradil® (Formoterol), Spiriva® (Tiotropium), Stiolto®, Bevespi®, Anoro®, Trelegy®, Breo®, Symbicort®, Advair®, Breztri ®:** Hold for **24 hours** before testing.
- **Theophylline:** Hold for **24 hours** before testing.

Do not stop any medications unless instructed to do so. If you are unsure whether your medication should be held, please contact the Respiratory Department or your ordering provider before your appointment.

<u>Prednisone</u>

If you have recently completed a short course of **Prednisone**, testing may need to be delayed for **14 days after your last dose**. If you take Prednisone on a long-term basis, this restriction may not apply. Please contact us if you have any questions.

GRAHAM HEALTH SYSTEM

Medication instructions may vary depending on the type of pulmonary function test ordered. If your provider has given different instructions, follow your provider's directions.

During your Test:

A Respiratory Therapist will perform baseline breathing tests (spirometry) to measure how well your lungs are functioning. You will then inhale methacholine through a nebulizer, followed by additional breathing tests after each dose. The test will continue until enough information is obtained to evaluate how your airways respond to the medication.

At the completion of testing, you will receive a bronchodilator breathing treatment to help return your breathing to normal. Additional breathing tests may be performed to ensure your lung function has returned to an acceptable level before you leave.

Possible Side Effects

You may experience temporary symptoms during testing, including:

- Chest tightness
- Coughing
- Shortness of breath
- Flushing or feeling warm
- Increased saliva production
- Wheezing

These effects are usually temporary and closely monitored by respiratory care staff.

Results:

Your provider will review the results of your Pulmonary Function Test and discuss them with you at a follow-up appointment.

Special Considerations

A Methacholine Challenge Test requires active participation and the ability to follow breathing instructions throughout the procedure. Accurate test results depend on performing breathing maneuvers correctly and consistently.

Patients who are unable to understand or follow testing instructions may not be able to complete the test or may produce results that are difficult to interpret. If you have concerns about your ability to participate in testing, please contact our office before your appointment.

Need to Reschedule?

Please contact Scheduling at **309-647-5240 ext. 2860** at least 24 hours before your appointment.

Questions regarding your test may be directed to the Respiratory Department at **309-647-5240 ext. 2655**.

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