



Methacholine Challenge Test (Bronchial Provocation)

Patient Information For: _____

If you have any questions regarding the test or your appointment, please call 1-855-738-PEAK (7325)

Purpose: Methacholine challenge testing (MCT) is one method of assessing how responsive the airways are in your lungs. Increased airway responsiveness is one of the features that may contribute to a diagnosis of asthma. MCT is most often considered when asthma is a possibility and other testing, most notably Spirometry, have not established or eliminated the diagnosis. Symptoms that suggest asthma include wheezing, shortness of breath, chest tightness, or cough (ATS Guidelines for Methacholine and Exercise Testing -1999).

Procedure: This test will take 60 to 90 minutes to perform.

1. In the Pulmonary Function Lab, the Respiratory Therapist will do a breathing test on you to make sure that your results are within acceptable limits prior to starting the actual procedure
2. If the first test is normal, you will move onto the second test where you will inhale a control solution of saline for 2 minutes. Testing will continue at intervals of 30 seconds and 90 seconds.
3. If results remain normal, you will inhale a drug called Methacholine for a period of 2 minutes. Once again, testing will continue at intervals of 30 seconds and 90 seconds.
4. There may be up to 10 levels of this drug given through inhalation along with testing.
5. Testing will continue until a 20% change is noted on the breathing test or until you have completed the highest level of Methacholine.
6. As the testing progresses, you may experience some minor symptoms, such as a cough or chest tightness. However, most patients have no symptoms.
7. At the conclusion of the test, you will be given a short-acting bronchodilator to inhale for 10 minutes and asked to rest for another 10 minutes (this inhaler will reverse any adverse reaction, if any, to the Methacholine).
8. A repeat test will be performed to ensure that your results have returned to normal.
9. Once you are feeling well, you will be allowed to leave.

Preparation: It is essential that you withhold the following medications prior to your test. If you have had a chest cold in the last 6 weeks, please rebook your appointment

DO NOT TAKE FOR <u>7 DAYS</u> PRIOR TO TEST	Spiriva, Incruse, Seebri, Tudorza, Anoro, Duaklir, Inspiroto, Ultibro
DO NOT TAKE FOR <u>3 DAYS</u> PRIOR TO TEST (72 HOURS)	Altanax (hydroxyzine), Reactine or Zytac (cetirizine), Aerius, Allegra, Seldane, Claritin, Triaminic, Tavist, Benedryl, Chloro-Tripolon, Dristan, Dimetane, Drixoral, Optimine, Ornade, Polarmine, Pyribenzamine, Sine- Off, Sudfed Plus, Actifed, Coricidin, Periactin and Phenegran
DO NOT TAKE FOR <u>2 DAYS</u> PRIOR TO TEST (48 HOURS)	Advair, Symbicort, Zenhale, Serevent, Oxeze, Foradil, Breo, Theophylline (Theodur, Quibron, Uniphyl, etc.), Onbrez, Striverdi
DO NOT TAKE FOR <u>1 DAY</u> PRIOR TO TEST (24 HOURS)	Singular, Accolate, Atrovent, Combivent
DO NOT TAKE FOR <u>8 HOURS</u> PRIOR TO TEST	Ventolin, Salbutamol, Apo-Salvent, Airomir, Bricanyl, Berotec
DO NOT TAKE ON THE <u>DAY OF</u> THE TEST	Caffeine products (coffee, tea, cola drinks, chocolate)