

Instructions for Methacholine Challenge

The purpose of a methacholine challenge test is to determine the amount of airway irritability in your lungs. Your doctor may have ordered this test to determine if you have asthma. You will be asked to inhale a mist that contains different concentrations of methacholine. Methacholine is a substance that causes airway hyper-responsiveness similar to that seen in asthma. Simply, a device called a nebulizer machine produces a mist of methacholine which is inhaled through a mouthpiece. Methacholine is not given if you might be pregnant, nursing or are taking medication for Myasthenia Gravis, or have had a stroke or heart attack within the last 3 months.

Because some medications may alter the effects of the methacholine we ask that you **avoid taking ONLY** the following medications listed below (please continue all other meds as prescribed).

****Please check with your prescribing physician before stopping any medication****

Please avoid these medications for **one week** prior to your test:

Advair	Breo	Medrol	Qvar	Veramyst
Alvesco	Dulera	Nasonex	Rhinocort	Zetonna
Anoro	Dymista	Omnaris	Spiriva	
Arnuity	Flonase	Prednisone	Steroids – all meds containing steroids	
Asmacort	Flovent	Pulmicort	Stiolto Respimat	
Azmanex	Incruse	Qnasl	Symbicort	

Please avoid these medications for **48 hours** prior to your test:

Accolate	Benadryl	Foradil	Singulair
Alavert	Brovana	Ipratropium Bromide	Theophylline
Albuterol	Chromalyn Sulfate	Perforomist	Tudorza
Allegra	Clarinet	Proair	Ventolin
Arcapta	Claritin	Proventil	Xopenex
Astepro	Combivent	Resplick (Proair)	Zyrtec
Atrovent	Daliresp	Serevent	

Please avoid these medications/ substances for **48 hours** prior to your test:

- **Any over the counter cold/allergy medications or antihistamines** (including eye drops)
- **Sudafed or other products containing pseudoephedrine**
- **Benadryl or other meds containing diphenhydramine** (i.e. Tylenol PM, Advil PM, NyQuil, etc.)
- **Nicotine products**

Please avoid these on day of test:

Coffee (including decaf)	Tea (including decaf)	Cola (including decaf)
Chocolate (drinks/ candy)	Drinks infused with tea	Any product with caffeine

If you forget and consume any of the above substances, **please call** our office at 425-454-2671 and we will reschedule the test. There is no need to stop PPIs or antacid medications, such as Prilosec or Zantac.