**METHACHOLINE CHALLENGE INFORMATION**

**Why do I need a Methacholine Challenge Test?** A Methacholine Challenge test will be performed to obtain additional information to support the diagnosis of asthma.

**What is Methacholine?** Methacholine is a chemical that when inhaled will cause spasm or constriction of the bronchial tubes and produce symptoms of asthma.

**Are there any side effects?** If you have asthma, inhaling methacholine may cause any or all of the following symptoms: Chest tightness, wheezing, cough or shortness of breath. Should you experience any difficulty with breathing an inhaled bronchodilator will be given to relieve your distress.

**How is the test performed?** The test is performed by having you inhale sequentially stronger concentrations of methacholine. Pulmonary function test will be performed before and after you receive the methacholine. The pulmonary function test will measure how well your lungs are working. A fall in your lung function of 20% or more is significant and suggest that you many have asthma. An inhaled bronchodilator will be given at the conclusion of the test.

**How long does the test take?** The actual test time will vary. The test can take up to one and a half hours.

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**Medications that may affect Methacholine Challenge Test**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Minimum time to withhold prior to test</th>
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<tbody>
<tr>
<td><strong>Inhaled Bronchodilators, such as:</strong></td>
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<tr>
<td>Albuterol (Ventolin, ProAir, Proventil)</td>
<td>8 hours</td>
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<tr>
<td>metaproterenol (Alupent)</td>
<td>8 hours</td>
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<tr>
<td>terbutaline (Brethine)</td>
<td>8 hours</td>
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<tr>
<td>levalbuterol (Xopenex)</td>
<td>8 hours</td>
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<tr>
<td>pirbuterol (Maxair)</td>
<td>8 hours</td>
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<tr>
<td>ipratropium (Atrovent, Combivent, or Duoneb)</td>
<td>24 hours</td>
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<tr>
<td>salmeterol (Serevent)</td>
<td>48 hours</td>
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<tr>
<td>formoterol (Foradil)</td>
<td>48 hours</td>
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<tr>
<td>tiotropium (Spiriva)</td>
<td>1 week</td>
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</tbody>
</table>
Inhaled or oral corticosteroids, such as:

- beclomethasone (Qvar or Vanceril) 2-3 weeks
- budesonide (Pulmicort) 2-3 weeks
- ciclesonide (Alvesco) 2-3 weeks
- fluticasone (Flovent) 2-3 weeks
- mometasone (Asmanex) 2-3 weeks
- triamcinolone (Azmacort) 2-3 weeks
- flunisolide (Aerobid) 2-3 weeks
- fluticasone/Salmeterol (Advair) 2-3 weeks
- budesonide/Formoterol (Symbicort) 2-3 weeks
- Prednisone 2-3 weeks

Oral Bronchodilators, such as:

- liquid Theophylline 12 hours
- extended release Theophylline 48 hours
- theophylline (many brands) 12 hours
- albuterol tablet 12 hours
- long acting albuterol tablet (Volmax) 24 hours

Mast cell stabilizers

- cromolyn sodium (Intal) 8 hours
- nedocromil (Tilade) 48 hours

Leukotriene modifiers

- montelukast (Singular) 24 hours
- zafirlukast (Accolate) 24 hours
- zileuton (Zyflo) 24 hours

Antihistamines, such as:

- cetirizine (Zyrtec) 72 hours
- diphenhydramine (Benadryl) 72 hours
- fexofenadine (Allegra) 72 hours
- hydroxyzine (Atarax) 72 hours
- loratadine (Claritin) 72 hours

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**NO CAFFEINE (COFFEE, TEA, COLAS, OR CHOCOLATE) 6 HRS. PRIOR TO TEST**

**NO SMOKING THE DAY OF THE TEST**

Please call our clinic with any questions at (240) 612-1610/1611. Please check the ingredients in any over the counter medications you might take as they may contain antihistamines or caffeine. This medication list may not be complete, please check with your physician if you are taking a breathing medication that is not listed here.