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Patient Instructions For: PFT METHACHOLINE CHALLENGE TEST

You must be able to sit or stand in an upright position, maintain a tight seal around a mouthpiece, and be able to follow a series of verbal commands in order to perform the test.

- No intense exercise on the day of the test
- No food for three (3) hours before the test; however, you may drink clear liquids for up to one (1) hour before the test
- Avoid caffeinated products like coffee, tea and cola drinks; chocolate; added sugar; over-the-counter sinus/cold medications; and smoking for 24 hours prior to the test

For optimal testing, it is *recommended* that the following medicines **NOT** be taken prior to the test for the periods indicated (<u>However</u>, if you have concerns about not taking these medicines, please contact your <u>doctor</u>):

Short-acting bronchodilators such as **albuterol**, **Proventil**, **Ventolin**, **Pro-Air** and **Maxair** for 8 hours before the test

Sustained-action bronchodilators such as **Serevent, Foradil**, **Advair, Azmanex** or **Symbicort** for 48 hours before the test

Methylxanthines (Slo-bid) for 24 hours before the test

Atropine-like preparations (Atrovent) for 24 hours before the test

Cromolyn sodium (Intal) for 8 hours before the test

Nedocromil (Tilade) for 48 hours before the test

Leukotriene modifiers (Singulair, Accolate) for 24 hours before the test

Inhaled steroids (**Pulmicort, Flovent, Beclovent, Vanceril, Azmacort**, and **Aerobid** – STAY ON YOUR SAME DOSE

The following medicines should be held IF POSSIBLE for three (3) days before the test: **Atarax, Zyrtec, Allegra, Claritin**, and **Benadryl**

Continue all other medications as prescribed by your doctor.

Be prepared to provide a list of current medications and dosage schedules to the pulmonary function lab.

If you develop a cold, fever or other signs of active illness within one week of the test, call the Call Center at 636-2601 to reschedule the test

Call the PFT lab at 636-8049, option #4 with questions