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 LARGE meals within 2 hours before the test. However, you may drink clear liquids (like water or apple juice) and eat a SMALL snack (fruit or granola bar) up to 1 hour before the test. It is recommended that you DO NOT go longer than 6 hours without eating.
- Avoid caffeinated products like coffee, tea, and cola drinks; chocolate; added sugar; over-the-counter cold/sinus medicine, alcoholic drinks; and smoking for 24 hours before the test.

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

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**, **Symbicort** and **Dulera** 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**, **Asmanex**, **Qvar**, **Alvesco** 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