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 (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, 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