

METHACHOLINE CHALLENGE TEST

A Methacholine Challenge Test is a breathing test for asthma. It tests how sensitive your airways are.

My test is on: _____

Tell the respiratory therapist if:

- You have an infectious disease. Examples are active lung tuberculosis (TB) or COVID-19.
- You have issues with your heart. Examples are a recent heart attack, unstable heart disease, angina, or uncontrolled blood pressure.
- You are coughing up blood.
- You had a recent stroke.
- You have an aortic aneurysm or a brain aneurysm.
- You had eye surgery in the past 4 weeks.
- You have uncontrolled glaucoma.

WHAT SHOULD I DO TO GET READY FOR MY TEST?

- Do not smoke on the day of your test. Do not eat or drink anything with caffeine on the day of your test. Examples are coffee, tea, cola, energy drinks, or chocolate.
- Tell the respiratory therapist if you have ever had an allergic reaction. Examples are hives/skin rash, or swelling of your upper airway, lips, and tongue (also called anaphylaxis).
- Stop taking any puffer medications as listed below;

The test takes up to 90 minutes.

Stop taking these medications* 8 hours before your test:

Airomir 	Atrovent 	Bricanyl 	Combivent 	Ventolin/Salbutamol 
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Stop taking these medications* 24 hours before your test:


Alvesco 	Arnuity 	Asmanex 	Flovent 	Pulmicort 	QVAR 
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**If you have breathing problems when you stop any of these medications, start taking the medication in your normal way, and call the doctor who ordered the test as soon as possible.*

Stop taking these medications* 36 hours before your test:

Advair 	Ateectura 	Breo 	Onbrez 	Oxeze 	Serevent 	Symbicort 	Zenhale 
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Stop taking these medications* 72 hours before your test:

Anoro 	Bevespi 	Breztri 	Duaklir 	Enerzair 	Incruse 	Inspirolo 
Seebri 	Spiriva 	Trelegy 	Tudorza 	Ultibro 		

*If you have breathing problems when you stop any of these medications, start taking the medication in your normal way, and call the doctor who ordered the test as soon as possible.

- Take your other usual medications on the day of your test.
- Tell the respiratory therapist if you are pregnant.

WHAT WILL HAPPEN DURING MY TEST?

- You will breathe into a spirometer. The spirometer checks how much air you can breathe in and out.
- You will breathe in small amounts of a mist medication called methacholine. You will breathe into the spirometer again.
- You will get an airway opening puffer (also called bronchodilator/Ventolin). You will breathe into the spirometer again. This will check that your breathing is normal before you leave the Chest Centre.

WHAT WILL HAPPEN AFTER MY TEST?

- You can start taking your normal puffer and lung medications again. See your doctor for your results.