

Information sheet — Methacholine Challenge Test

PREPARATION

- If you will have **surgery within three (3) months prior to this test, contact our office immediately** at 250.716.7705 or (toll free) 1.877.711.7705
- **Do not** smoke or vape 1 hour before your test
- **Do not** wear lipstick or scented products (e.g. cologne or perfume)
- **Do not** eat a large meal within 2 hours of your test, a small meal is fine
- **Do not** exercise 60 minutes before your test
- **Do not** consume alcohol or other intoxicants for 8 hours before your test

Avoid the following medications before your test unless otherwise directed from your physician:

4 WEEKS PRIOR TO YOUR TEST₁:

- Inhaled corticosteroid (QVAR, Pulmicort, Alvesco, Arnuity, FLOVENT, Aermony, Asmanex)
- DUO Combinations (Symbicort, Breo, Advair, Wixela, Zenhale, Atectura)
- TRO Combinations (Breztri, Enerzair, Trelegy)
- Oral leukotriene receptor antagonists (Accolate, Singulair, etc)

7 DAYS PRIOR TO YOUR TEST₁:

- Long-acting anti-muscarinic Agents (Spiriva, Incruse, Seebri, Tudorza)
- Long-acting Anticholinergics + Long-Acting Beta2-Agonists (Duaklir, Ultibro, Inspiolto, Anoro)

3 DAYS PRIOR TO YOUR TEST₁:

- Long-acting B-agonists (Oxeze, Serevent)

2 DAYS PRIOR TO YOUR TEST₁:

- Theophylline (Uniphyl, Theodur)

1 DAY PRIOR TO YOUR TEST₁:

- Short-Acting Anticholinergic (Atrovent, Combivent)

6 HOURS PRIOR TO YOUR TEST₁:

- Short-Acting Beta2-Agonists (Airomir, Ventolin, Bricanyl, Teva-Salbutamol)

Please contact us at 250-716-7705 if:

- You have questions or are unsure about which of the above medications you are taking
- You are pregnant
- You have had a heart attack or stroke in the past 3 months
- You have uncontrolled high (200/120) or low blood pressure
- You suspect or you know you have an aneurysm (e.g. abdominal, aortic, cerebral)
- You develop a chest infection, a fever or a very bad cough within 1 week of the test
- You have had any type of surgery (including eye surgery) within 4 weeks of the test

1. Allan L. Coats et al. ERS technical standard on bronchial challenge testing: general considerations and performance of methacholine challenge tests. Eur Respir J 2017; 49: 5-6.