

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 medications listed below.

The test takes up to 90 minutes.

Stop taking these medications* 8 hours before your test:

Airomir

Atrovent

Bricanyl

Ventolin/Salbutamol

Combivent

Stop taking these medications* 24 hours before your test:

Advair

Anoro

Breo

Duaklir

Inspirolo

Oxeze

Seebri

Serevent

Spiriva

Tudorza

Ultibro

Zenhale

**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.
- You must see your doctor for your results.