

SUBURBAN PULMONARY MEDICINE, P.C.

DANIEL C. DUPONT, D.O., F.C.C.P.
ERIC S. HEFFELFINGER, D.O., F.C.C.P.
GERALD A. MEIS, D.O., F.C.C.P.
RICHARD E. LEYMAN, PA-C

1 BARTOL AVENUE, SUITE 14
RIDLEY PARK, PENNSYLVANIA 19078
TELEPHONE (610) 521-1300
FAX (610) 521-9074

E-MAIL - SUBPUL@AOL.COM

196 WEST SPROUL ROAD, SUITE 207
SPRINGFIELD, PENNSYLVANIA 19064
TELEPHONE (610) 604-4400
FAX (610) 328-5931

Methacholine Challenge Study A Patient Guide

What is a Methacholine Challenge Study?

A methacholine challenge study is a test to diagnose hyperactive airways and/or asthma.

If you respond to the methacholine, you may experience some changes in your respiratory status, such as mild heaviness in the chest, slight shortness of breath, and/or wheezing. If you do not respond to the methacholine, you should feel no change in your breathing.

How is the test performed?

The challenge is performed by giving an increasing dose of methacholine via a mini-nebulizer with each dose consisting of five breaths. After the methacholine challenge, a bronchodilator is given using an inhaler or mini-nebulizer. This will reverse any discomfort experienced in response to the methacholine.

During the test, a respiratory therapist will be monitoring the following:

- Breath sounds
- Heart rate
- Oxygen saturation

A pulmonary specialist will interpret the test, and a copy will be sent to the referring physician.

Is there anything I should avoid on the day of the test?

One the day of the methacholine challenge test, you should NOT:

- Have any caafeine, including soda, chocolate, coffee, tea or any medication that contains caffeine, such as Excedrin or Anacin.
- Do not smoke the day of the test.

Can I take all my medications on the day of the test?

Do NOT use the following medications prior to the test:

- Short acting bronchodilators (Ventolin HFA, Albuterol, ProAir HFA, Proventil) for 8 hours
- Medium acting bronchodilators (Atrovent) for 24 hours
- Long acting bronchodilators (Serevent, Spiriva, Foradil) for 48 hours
- Oral bronchodilators (Theodur)

- Liquid Theophylline for 12 hours
- Intermediate Theophylline for 24 hours
- Long Acting Theophylline for 8 hours
- Standard B2 Agonist Tablets (Volmax) for 12 hours
- Long acting B2 Agonist Tablets (Volmax) for 24 hours
- Non-steroid anti-inflammatory (Intal, Tilade) for 8 hours
- Antihistamines (Allegra, Benedryl, Clarinex, Claritin, Zyrtec) for 3 days
- Leukotriene modifiers (Singular, Accolate) for 24 hours
- Combination medication (Advair, Symbicort) for 24 hours
- Long acting inhaled steroids (Flovent, Pulmicort, Qvar, Azmacort, Asmanex, Aerobid) for 48 hours
- Oral steroids (Prednisone, Decadron, Methylprednisolone) for 3 days