



## Methacholine Challenge Test

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

### **What is a Methacholine Challenge test?**

Methacholine Challenge Testing is a breathing test used to help diagnose Reactive Airway Disease.

### **Why should I have a Methacholine Challenge Test?**

Methacholine Challenge Testing is done to check airway sensitivity to a medication called Methacholine. During testing you will breathe the medication and perform repeat breathing tests to see how the medication affects you.

### **Preparation:**

Please review with your doctor or your doctor's nurse.

- It is recommended you stop smoking 24 to 48 hours before the test.
- Don't have any caffeine 24 hours before the test. This includes coffee, regular **and** decaffeinated, tea, chocolate, **all** cola drinks and soft drinks containing caffeine and over-the-counter pain relievers containing caffeine (Anacin, Excedrin).
- Eat only a light meal and limit fluids before your test.
- You will need to stop taking antihistamine medications 48 hours before the test. Caffeine and bronchodilator medications must be stopped for 24 hours. Check with your doctor to see if you are taking any of these medications.
- If you use an inhaler for breathing problems bring it with you on the day of the test.
- Wear loose fitting clothing that doesn't restrict your breathing.
- Report any recent upper respiratory infections, colds, sinusitis, bronchitis or pneumonia.
- Please bring photo ID.

**Procedure:**

You will be seated in a chair for the testing. You will be breathing in different concentrations of the Methacholine medication. You will wear nose clips so you can only breathe through the mouthpiece that will be in your mouth. You should make a tight seal around the mouthpiece with your lips.

The Respiratory Therapist will then coach you through a series of breathing techniques, including taking a deep breath, holding it and then blowing out hard and fast. A lung specialist interprets the results and a copy is sent to your family physician.

Plan to allow 2 hours from arrival to the time you can leave.

**Outpatient Registration:**

Please park in the Mercy Parking ramp located at 8<sup>th</sup> Avenue and 8<sup>th</sup> Street SE. Enter the hospital at the South entrance on ground floor. Proceed to the Lung Center.

**Your appointment date and time:**