

Appointment Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

**Please arrive 10 minutes before your scheduled appointment to register.**

Procedure scheduled:  **Methacholine Challenge Study**

**Exercise Challenge Study**

**\*Wear comfortable clothing and tennis shoes.\***

**\*ALL instructions must be followed or test will be rescheduled.**

**If the patient is taking any of the following medications, they should be withheld as indicated:**

<u>Medication</u>	<u>Withholding Time</u>
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**Inhaled**

- |   |          |
|---|----------|
| <input type="checkbox"/> Spiriva, Tudorza, Stiolto, Anoro, Incruse, Utibron .....   | 1 week   |
| <input type="checkbox"/> Advair, Serevent, Symbicort, Foradil, Perforomist, Brovana, Tilade, Striverdi, Arcapta .....<br>Asmanex, Dulera, Qvar, Alvesco, Pulmicort, Flovent, Ellipta, Breo, Arnuity | 48 hours |
| <input type="checkbox"/> Atrovent, Combivent, DuoNeb .....  | 12 hours |
| <input type="checkbox"/> Proventil, Ventolin, ProAir, Xopenex, Maxair, Albuterol.....   | 6 hours  |
| <input type="checkbox"/> Alupent, Metaprel, Primatene Mist, Tobacco, Vaping, Caffeine .....   | 6 hours  |

**Oral**

- |  |                              |
|--|------------------------------|
| <input type="checkbox"/> Theophylline, Daliresp .....  | 24 hours                     |
| <input type="checkbox"/> Prednisone .....  | 48 hours or call a physician |
| <input type="checkbox"/> Accolate, Zflo, Singular .....  | 24 hours                     |
| <input type="checkbox"/> Ventolin, Proventil, Proventil Repetabs, Brethine .....   | 24 hours                     |
| <input type="checkbox"/> Zyrtec, Hydroxyzine (Atarax), Allegra, Claritin, Benadryl (or any other meds containing<br>diphenhydramine), Chlortrimeton, Sudafed (or anything containing pseudoephedrine),<br>Tylenol PM, Advil PM, Nyquil ..... | 12 hours                     |

**\* IF YOU ARE TAKING ANY OTHER BREATHING OR ALLERGY MEDICATIONS NOT ON THIS LIST, CONTACT YOUR PHYSICIAN.**

**Additional Instructions:**

- » No recent hospitalizations within 6 weeks due to respiratory infection.
- » Continue to take all your **other** medicine as you usually do.
- » No respiratory infection (cold) within 6 weeks.
- » Refrain from smoking/vaping and vigorous exercise the day of your test.
- » No ingestions of cola drinks, Mountain Dew, Coke, Pepsi, Mello-Yello, etc., coffee, tea, chocolate and other agents containing caffeine for 6 hours.

**About your procedure:** A Methacholine Challenge Study cannot be scheduled in conjunction with any other pulmonary test.

**How to find us:** When you arrive at Altru Hospital, you must register for your procedure in Admitting located in the Main Entrance area of the hospital.

**Contraindications:** No eye surgery for 6 weeks prior to testing  
No Myocardial Infarction or stroke in the last 3 months  
Uncontrolled Hypertension  
Known Aortic Aneurism

Methacholine challenge studies have been scheduled for you by your doctor to identify airway irritability. This may be useful in evaluating symptoms suggestive of asthma. The technique may also be used to document bronchial hypersensitivity to specific work-related material.

This test consists of having you breathe easily and forcefully. The way you breathe will be explained more completely to you by the technician.

You will be asked to perform the same breathing maneuver several times, until a stable baseline is established.

You will then be given 5 inhalations of a low dose of Methacholine, following by the same breathing maneuver.

Doses of Methacholine are increased and breathing maneuvers repeated until a positive response is obtained or the maximum dose is reached.

There is no pain involved during the test.

If this test is positive you will be given a medication in mist form to dilate your airways. This medicine will return your breathing back to normal. Then you will be asked to repeat the breathing test.

This test will take a total of 1 to 1 1/2 hours.

**Your Methacholine procedure is scheduled for \_\_\_\_\_ at \_\_\_\_\_.**

**Please check in at the Registration Desk at Altru Hospital 10 minutes before your appointment.**

**If you have any questions regarding your appointment or need to reschedule, please call 701.780.6400. Visit our website at [altru.org](http://altru.org). Search "Pulmonary Lab".**