



# PULMONARY ASSOCIATES

*of the Southeast, PC*

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LUNG DISEASES • SLEEP • ASTHMA • CRITICAL CARE

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## **Bronchoprovocation with METHACHOLINE Testing Instructions**

The following information is provided to make your participation in the Methacholine Challenge Test as pleasant as possible.

Please adhere to the following requests:

1. Plan to be in the testing area one hour and a half. Get adequate rest the night before your test. Do not participate in exercise or be out in the extreme cold for two hours prior to testing. You should be asymptomatic at the time of testing.
2. Do not eat or drink anything containing CAFFEINE (coffee, cola, chocolate) for at least 16 hours prior to testing. This includes anything DECAFFEINATED, as they do contain a small amount of caffeine.
3. Do not take any breathing medications prior to testing according to this schedule:
  - a. **Slo-bid** and **Theo-dur** need to be held for 24 hours prior to test
  - b. **Tomolate** needs to be held 12 hours prior to test.
  - c. **Ventolin, Proventil, Maxair, Advair, Serevent, Alupent, Vancertil, Beclovent, Azmacort,** and **Aerobid** need to be held 8 hours prior to test.

If you have questions about your medication, contact our office at 205-802-2000.

4. Do not smoke at least 6 hours prior to test.
5. Please bring your insurance cards and driver's license for billing purposes.
6. If, for some reason, you cannot be tested at the scheduled time, 24 hour Notice of Cancellation is needed 205-802-2000, as Methacholine has to be specifically ordered for your test and has a very short shelf life. In the event you do not cancel and cannot be rescheduled before the Methacholine expires, we will have the right to bill you for the cost of the medication.
7. Do not take any medications containing anti-histamines 12 hours prior to test.