

# NORTH YORK PULMONARY FUNCTION CENTRE

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## PATIENT INFORMATION SHEET

### Methacholine Challenge Test

Methacholine is a preparation that is a known irritant to the airways. It may cause the airways to tighten when inhaled. This will assist your physician in determining what is causing your breathing problems. The test will show how 'sensitive' your airways are.

**48 hours before the test, you are asked not take any inhaled breathing medications (puffers) that are long acting bronchodilators, anti-inflammatories, or combination medications that have both bronchodilators and anti-inflammatories.** \*\*\*Please see the chart below if you need clarification on what type of inhaler you are using. \*\*\* **12 hours before the test, you are asked not to take any breathing medication, including short-acting bronchodilators such as Ventolin. Do take all your other medications** as you normally do. However, if you do feel 'tight' on the day of the test, do not withhold your breathing medications. Patients are asked to avoid coffee, tea, cola drinks and chocolate on the day of the test.

If you have any questions about why this test is ordered you will need to contact your physician.

The test involves breathing in Methacholine for two minutes, then testing your lung function. This may be repeated up to 10 times. The Methacholine may cause some of the following symptoms - cough, wheeze, slight shortness of breath, and tightness in your chest. **Do not be alarmed if this occurs.** These symptoms are what we are looking for. If we see significant changes in your lung function – the test will be stopped. You will be offered a medication (Ventolin and/ or Atrovent) that completely reverses these symptoms within minutes. It is also possible that you will complete the test without experiencing any of these symptoms.

The procedure is very safe and adheres to strict guidelines to ensure your safety. You will be asked to sign a consent form prior to starting the test. It can take as long as 60 minutes to complete the test.

#### \*\*\*Respiratory Inhaler Chart\*\*\*

Type of Inhaler	Name of inhalers
Short-acting bronchodilators (withhold for 12 hours before testing)	Ventolin, Bricanyl, Atrovent, Airomir
Long-acting bronchodilators (withhold for 48 hours before testing)	Oxeze, Serevent, Onbrez, Spiriva, Seebri, Foradil
Anti-inflammatories (withhold for 48 hours before testing)	QVAR, Alvesco, Flovent, Pulmicort, Asmanex
Combination medications (withhold for 48 hours before testing)	Advair, Symbicort, Zenhale