



## Bronchoprovocation (Methacholine) Challenge Test

### What happens during the test?

Your physician has ordered a bronchoprovocation test which will be performed at Faith Regional's Cardiopulmonary Services. The test will require that you inhale a drug called "methacholine". A respiratory therapist will be present throughout this procedure to monitor possible changes in your breathing. The results of this test will help your physician determine the cause of your cough or shortness of breath.

### How do I prepare for the test?

#### Hold the following medications 48 hours prior to the test:

- Cromolyn Sodium (antiasthmatic) drug/antiallergic drug
- Methylxanthines: Theophylline (Theo 24, Theo lair, Theo Dur and Slophyllin for example)

#### Hold the following 24 hours prior to the test:

- Caffeine (coffee, tea, cola, chocolate, etc.)
- Antihistamines/allergy medication (Dimetapp, Benadryl, Allegra, Zyrtec, Claritin, Tylenol PM, etc.)

#### Hold the following 12 hours prior to the test:

- Smoking
- Sympathomimetic Drugs: Metaproterenol (bronchodilators), Terbutaline - Brethine (bronchodilator), Salbutamol - Ventolin, Proventis (bronchodilator), Salmeterol - Serevent (relaxes bronchial smooth muscles)
- Inhaled steroids: Advair, Flovent
- Any other inhalers

#### Hold the following for 2 hours prior to the test:

- Significant exercise
- Exposure to cold air (wear a scarf in cold weather)

### Additional information:

- You may eat a light meal prior to the test
- Wear loose clothing
- The test will take approximately 2 hours to complete
- Please check in at registration 1/2 hour before your scheduled appointment.

**Date and time of your test:** \_\_\_\_\_

**If you have any questions or concerns about your test and cannot reach your doctor, please call Faith Regional's Cardiopulmonary Services department at (402) 644-7517.**