



Methacholine Challenge

Your practitioner has ordered a methacholine test to determine your airway's degree of hyper responsiveness. This test is useful in the aid of eliminating or supporting the diagnoses of asthma or reactive airway disease. Spirometry (breathing test) will be performed as a baseline and after administration of different levels of methacholine. Medication to treat severe bronchospasm will be available in the testing lab.

Preparation:

- **Follow methacholine avoidance list**
- No caffeine products after midnight
- No smoking 2 hours prior to testing
- Light breakfast or lunch 2 hours prior to testing
- Empty bladder prior to testing
- You may bring a bottle of water to sip on during testing
- Informed consent is required by patient or legal guardian
- A medical questionnaire will need to be filled out the day of testing
- Evaluation of contraindications will be evaluated the day of testing
- Testing may last up to 1.5 hours