

SUBURBAN PULMONARY MEDICINE, P.C.

DANIEL C. DUPONT, D.O., F.C.C.P.
GERALD A. MEIS, D.O., F.C.C.P.
MOHAMMED A. SAYEED, M.D., F.C.C.P.
RICHARD E. LEYMAN, PA-C
KAREN A., LODGE, CRNP
JUSTIN K. BALLIET, PA-C

PULMONARY DISEASE
CRITICAL CARE
OCCUPATIONAL LUNG DISEASE

1 BARTOL AVENUE, SUITE 14
RIDLEY PARK, PENNSYLVANIA 19078
TELEPHONE (610) 521-1300
FAX (610) 521-9074
E-MAIL - SUBPULMED@GMAIL.COM

196 WEST SPROUL ROAD, SUITE 207
SPRINGFIELD, PENNSYLVANIA 19064
TELEPHONE (610) 604-4400
FAX (610) 328-5931
WEBSITE – WWW.SUBPULMED@GMAIL.COM

Methacholine Challenge Study

A Patient Guide

What is a Methacholine Study?

A Methacholine challenge is a test to diagnose hyperactive airways and/or asthma.

If you respond to the methacholine, you may experience some changes in your respiratory status, such as mild heaviness in the chest, slight shortness of breath, and/or wheezing. If you do not respond to the methacholine, you should feel no change in your breathing.

How is the test performed?

The challenge is performed by giving an increasing dose of methacholine via a mini-nebulizer with each dose consisting of five breaths. After the methacholine challenge, a bronchodilator is given using an inhaler or mini-nebulizer. This will reverse any discomfort experienced in response to the methacholine.

During the test, a respiratory therapist will be monitoring the following:

- **Breath sounds**
- **Heart rate**
- **Oxygen saturation**

A pulmonary specialist will interpret the test and a copy will be sent to the ordering doctor.

Is there anything I should avoid the day of the test?

On the day of the methacholine challenge, you should NOT:

- **Have any caffeine, including soda, chocolate, coffee, tea or any medications that contain caffeine.**
- **Do not smoke the day of the test.**

Can I take all my medications on the day of the test?

Do NOT use the following medications prior to the test:

- **Ventolin HFA, Albuterol, ProAir HFA, Proventil for 8 hours.**
- **Atrovent for 24 hours**
- **Antihistamines (Allegra, Claritin, etc)**
- **Prednisone**
- **Scheduling will let you know any additional medications to hold.**