

## What to bring to your appointment

- OHIP card
- Translator, if needed

## Location

Diagnostic Services is located on the second floor of Building B.

## Where to park

Parking is available in Visitor's Parking Lot 1 – Main Entrance/Link Lobby. Located on Church Street between Ninth Line and Bur Oak and can be accessed by the entrance off of Butternut Lane.

## Where to go on the day of your appointment

Before proceeding to your appointment, you must **register with Main Entrance Registration** located in the Main Lobby (2nd Floor, Building A) **15 minutes before** your scheduled appointment.

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

To reschedule or cancel your appointment, call Patient Scheduling at 905-472-7020.

If you are feeling unwell, have a high temperature, cough or sore throat on or before the day of your appointment, please reschedule your appointment.

BROMT (dx5/17)(11.3/16)



## MARKHAM STOUFFVILLE HOSPITAL

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# Methacholine Test



## Patient Information



MARKHAM STOUFFVILLE HOSPITAL  
A PROUD HERITAGE – AN EXTRAORDINARY FUTURE

## What is a Methacholine Challenge Test?

A methacholine test is a breathing test that is used to determine the extent of airway reactivity. It is only ordered after a routine pulmonary function test has been completed.

This test is used to determine if you have asthma and/or how severe your asthma is. A methacholine test is ordered for patients who have normal pulmonary function tests, yet have symptoms or conditions such as:

- Persistent cough
- Wheezing
- Shortness of breath
- Asthma

## What to Expect Before Your Test

Some asthma, hay fever and cold medications may interfere with the reaction of your lungs to methacholine. If you normally take any of the drugs listed, please stop taking them as indicated in the following chart:

Drug Class:	Some Examples:	Time to Stop Taking:
Short-Acting Inhalers	Airomir (Salbutamol) Bricanyl (Terbutaline) Ventolin (Salbutamol)	8 hours before test
	Atrovent (Ipratropium) Combivent (Salbutamol/Ipratropium)	24 hours before test
Long-Acting Beta-Agonist (LABA)	Onbrez (Indacaterol) Oxeze (Formoterol) Serevent (Salmeterol)	48 hours before test
Long-Acting Beta-Agonist/Corticosteroid (LABA/ICS)	Advair (Salmeterol/Fluticasone) Breo (Vilanterol/Fluticasone) Symbicort (Formoterol/Budesonide) Zenhale (Formoterol/Mometasone)	
Long-Acting Muscarinic-Antagonist (LAMA)	Incruse (Umeclidinium) Seebri (Glycopyrronium) Spiriva (Tiotropium) Tudorza (Aclidinium)	
Long-Acting Beta-Agonist/Long-Acting Muscarinic-Antagonist (LABA/LAMA)	Anoro (Vilanterol/Umeclidinium) Duaklir (Aclidinium/Formoterol) Inspiroto (Tiotropium/Olodaterol) Ultibro (Indacaterol/Glycopyrronium)	24 hours before test
Leukotriene Antagonists	Singulair (Montelukast)	
Theophylline	TheoDur Uniphyll	4 days before test
Antihistamines (for example:)	Aerius Allegra Benadryl Claritin Reactine	4 days before test
Cold and Sinus Medications that contain antihistamines (for example:)	Chlorpheniramine Diphenhydramine	4 days before test

Do not have caffeine products on the day of your test. Please do not wear perfume on the day of your test.

## What to Expect During Your Test

During the methacholine test, you will perform a simple breathing exercise to determine your lung function. You will then inhale aerosolized methacholine, starting with a very low dose.

Methacholine is a histamine-like substance with no side effects. This test is safe and is unlikely to trigger significant respiratory symptoms. Methacholine is removed from your system after breathing room air for four minutes.

## What to Expect After Your Test

There are no specific instructions for after your methacholine test.

## FAQS

### Does the methacholine taste bad?

No. It has almost no taste at all. Higher doses taste slightly sweet.

### Can I eat or drink before the test?

Yes, you may eat normal meals.

### Will the methacholine make me cough?

It sometimes causes a cough but you will be given a few puffs of Ventolin to reverse the effect of the Methacholine.

### Will I have an asthma attack?

No.

### Will I get a needle?

No, you breathe in the methacholine.