

Duke Asthma, Allergy and Airway Center

Patient Instructions for Methacholine Challenge

The Methacholine test has been ordered by your doctor to help diagnose your breathing problem. The test is a series of nebulized treatments containing Methacholine followed by a series of breathing tests called spirometry. Please allow up to 2 hours for this test. In preparation for this test, there are certain medications, foods, and beverages that you must avoid. These are listed on an additional sheet of paper.

By signing this form, you are indicating that you understand the attached instructions concerning food and medication restrictions.

If you have any questions or concerns, please call (919) 613-7667 or (919) 613-7661 to speak directly to a respiratory therapist. We look forward to your visit.

Signature_____

Medical Record Number_____

Date_____

Witness_____

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One week before the test

Do not take **Spiriva** (Tiotropium)

4 Days before the test

Do not take **Arcapta** (Indacaterol)

3 Days before the test

Do not take **Zyrtec** (Ceterizine), **Vistaril** or **Atarax** (Hydroxyzine), **Allegra** (Fexofenadine), **Claritin** or **Alavert** (Loratadine), **Xyzal** (Levocetirizine), **Clarinox** (Desloratadine), **Daliresp** (Roflumilast), **Benadryl** and other antihistamines.

48 hours before the test

Do not take **Serevent** (Salmeterol), **Foradil** (Formoterol), **Dulera** (Formoterol/Mometasone), **Advair** (Fluticasone/Salmeterol), **Symbicort** (Budesonide/Formoterol), **Brovana** (Arformoterol), **Tudorza** (Aclidinium bromide), **Breo** (Fluticasone furoate/vilanterol) and **Perforomist** (Formoterol), **Astelin** (Azelastine), **Patanase** (Olopatadine), **Anoro Ellipta** (Umeclidinium and Vilanterol), **Astepro** (Azelastine), **Dymista** (Azelastine and Fluticasone) and **Aerospan** (Flunisolide.)

24 hours before the test

Do not take **Singulair** (Montelukast), **Accolate** (Zafirlukast), **Zyflo** (Zileutin), **Theo-Dur**, **Theo-24**, **Uniphyll** (Theophylline), **Atrovent** inhaler or nasal spray (Ipratropium), **Respimat** (Ipratropium/Albuterol), **Duoneb** (Ipratropium/Albuterol), and **Sudafed** (pseudoephedrine.)

Avoid all foods, beverages, and medications containing caffeine, which includes coffee, tea, chocolate, many soft drinks, and some over the counter migraine medications.

8 hours before the test

Do not take **Albuterol** (**ProAir**, **Proventil**, **Ventolin**, **Accuneb**), **Maxair** (Pirbuterol), **Intal** (cromolyn sodium) and **Xopenex** (Levalbuterol).

Warning: Please notify your doctor if you are taking a beta blocker, such as, Propranolol (Inderal), Atenolol (Tenormin), Labetalol (Trandate), Metoprolol (Lopressor, Toprol), Nebivolol (Bystolic), Carvedilol (Coreg), and Nadolol (Corgard.) Also, notify your doctor if you are currently taking Prednisone.