

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.

One week before the test

Do not take **Spiriva**

3 Days before the test

Do not take **Cetirizine (Zyrtec), Hydroxyzine, Fexofenadine (Allegra), Loratadine (Claritin, Alavert), Levocetirizine (Xyzal), and Desloratadine (Clarinet).**

48 hours before the test

Do not take the following medications: **Serevent, Foradil, Dulera, Advair, and Symbicort.**

24 hours before the test

Avoid all foods, beverages and medications containing **Caffeine**, which includes coffee, tea, chocolate, most soft drinks and some over the counter migraine medicines.

Do not take the following medications **Singulair, Accolate, Zyflo, Theophylline, Atrovent, Combivent, Duoneb and Sudafed.**

8 hours before the test

Do not take the following medications: **Albuterol, ProAir, Proventil, Ventolin, Maxair, Xopenex, Intal, Cromolyn Sodium and Alupent.**

Warning: Please notify your doctor immediately if you are taking a medication called a beta blocker, such as, Propranolol (Inderal), Atenolol (Tenormin), Labetalol, Metoprolol (Lopressor, Toprol), Nebivolol (Bystolic), Carvedilol (Coreg) and Nadolol (Corgard.) These medications are for heart/high blood pressure.

Please notify the respiratory therapist performing your test if you are currently taking Prednisone.

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

If you have any questions or concerns, please call (919) 620-7300 and ask to speak to someone in the Pulmonary Function Lab. We look forward to your visit.

Signature _____

Medical Record Number _____

Date _____

Witness _____

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The following is a list of medications that you **should not** take prior to allergy testing. Please read carefully as the following medications will interfere with allergy testing. The length of time you need to stop the medications is also listed to ensure testing will be accurate.

Stop the following medications **one week (7 days)** prior to testing:

Allegra and Allegra-D (Fexofenadine)
Astelin (Azelastine)
Astepro
Atarax (Hydroxyzine)
Clarinex and Clarinex D
Claritin and Claritin-D (Loratidine)
Doxepin
Optivar
Patanase
Periactin (Cyproheptadine)
Tavist (Clemastine)
Xyzal
Zyrtec (Cetirizine)

Stop the following medications **3 days** prior to testing:

Axid
Benadryl (Diphenhydramine)
Chlor-Trimeton (Chlorpheniramine)
Cimetidine
Dimetapp (Brompheniramine)
Pepcid
Phenergan (Promethazine)
Prochlorperazine (Compazine)
Sominex
Tagamet
Tylenol PM
Unisom
Zantac (Rantidine)

All over-the-counter antihistamines and decongestants

Stop the following medications **at midnight the day prior** to testing:

Accolate (Zafirlukast)
Reglan (Metoclopramide)
Singulair (Montelukast)
Zyflo (Zileutin)

*Other medications such as anti-depressants or anti-anxiety medications may also interfere with allergy testing. These medications should be stopped 7-14 days prior to your testing, **only with your prescribing physician's approval.**

*****If you are being seen for chronic hives you do not have to stop your antihistamines*****

If you have any questions or concerns regarding any medications listed or not listed, please call our office at (919) 620-7300 and press option 3 to speak with a nurse.

Please contact your insurance company prior to your appointment to see if allergy testing is a covered benefit. Please provide them with the CPT code 95004.

