Methacholine Challenge Test
In our LINCOLN location

Pretest Instructions:
- Please allow about one (1) hour to complete the test.
- Do not eat or drink anything with caffeine (coffee, soda, chocolate) 16 hours prior to testing.
- Do not smoke six (6) hours prior to testing.
- If you have any respiratory symptoms on the day of your test, inform the technician prior to testing.
- Do not take any breathing medications before the test as directed below:
  - Serevent, Foradil, Advair, Slo-bid, Theo-24, Spiriva, Uniphyll, Dilor, Dilex or other Theophylline containing products, should be held 48 hours prior to appointment.
  - Albuterol, Ventolin, Proventil, Pro-Air, Alupent, Azmacort, Flovent, Pulmicort, Aerobid, Q-Var, and Atrovent should be held 12 hours prior to appointment.
- Do not take SINGULAIR (Montelukast) for 48 hours before the test.

Important Note:
If for some reason you are unable to make your appointment, please notify the office 24 hours prior to visit. Methacholine has a very short shelf life and must be discarded if not used. It is prepared on the day of testing by the technician, therefore, if a 24-hour notice is not given, you will be billed $100 for cost of the medication and preparation for testing.
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**Procedure:**
The purpose of a *Methacholine Challenge* test is to determine the *amount of airway irritability* of a patient. You, or your child, will be asked to *inhale* a mist that contains *different concentrations for Methacholine*. The mist is produced by a device called a nebulizer and inhaled through a *mouthpiece* or *facemask*. Before the test begins, and after each period of inhalation, you or your child will be asked to *blow forcefully* into a *Spirometer*. The test usually takes about an *hour*.

**Discomforts and Risk:**
This test *does not cause an asthma attack* but inhalation of aerosols may be associated with *mild* shortness of breath, cough, chest tightness, wheezing, chest soreness, or headache. Many patients *do not have any symptoms* at all. These symptoms, if they occur, *are mild*, last for only a *few minutes*, and *disappear* following the inhalation of a bronchodilator medication. There is a very small possibility of severe narrowing of your airways. This could cause severe shortness of breath, if this occurs, you will be immediately treated.

I have read the above information and understand the purpose of the test and the associated risks. With this knowledge, I agree to have this test performed on my child or me.

Patient Name (Please Print): _________________________________________________

Patient or Guardian signature: _______________________________________________

Witness by: ________________________________________________________________

Date: _______________________________
Methacholine Challenge Questionnaire

Name: ____________________________________  D.O.B: ____________

1. List all medications that you are taking for asthma, hay fever, heart disease, blood pressure, allergies or stomach problems.

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<th>Drug</th>
<th>Dose and Frequency</th>
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2. Has a physician told you that you have asthma?  Yes  No
3. Have you ever been hospitalized for asthma?  Yes  No
4. Did you have respiratory disease as a child?  Yes  No
5. Have you ever experienced asthma symptoms such as wheezing, chest tightness, or shortness of Breath within the last 2 weeks?  Yes  No
6. If a smoker, when did you last smoke?  __________________________
7. Have you had a respiratory infection in the last 6 weeks?  Yes  No
8. Have you had a heart attack or stroke within the last three months?  Yes  No
9. Do you have high blood pressure?  Yes  No
10. Do you have an aortic aneurysm?  Yes  No
11. Are you pregnant?  Yes  No