

## Information sheet – Methacholine Challenge Test

### PREPARATION

- Do not wear lipstick, perfume or cologne the day of the test
- Dress comfortably in loose fitting clothing

Avoid the following medications before your test:

#### 2 WEEKS PRIOR TO YOUR TEST:

- Oral (systemic) corticosteroids (Prednison, Solumderol, etc)

#### 1 WEEK PRIOR TO YOUR TEST:

- Long acting anti-histamines (Hismanal, Reactine, Allegra, Claritin, Benedryl etc)
- Oral leukotriene receptor antagonists (Accolate, Singulair, etc)
- Inhaled corticosteroids (Flovent, Pulmicort, QVAR, Symbicort, Advair, Alvesco, Zenhale, Breo, Arnuity, Asmanex)
- Antihistamines (cough/cold remedies, Diphenhydramine, Chlorpheniramine)

#### 2 DAYS PRIOR TO YOUR TEST:

- Long acting bronchodilators (Serevent, Oxeze, Foradil, Spiriva, Incruse, Seebri, Tudorza, Onbrez, Duaklir, Inspiolto, Anoro)
- Theophylline (Uniphyll, Theodur)

#### 8 HOURS PRIOR TO YOUR TEST:

- Short acting bronchodilators (Ventolin, Salbutamol, Bricanyl, Berotec, Atrovent, Combivent) unless otherwise directed from your physician

#### 4 HOURS PRIOR TO YOUR TEST:

- Nicotine or caffeine (coffee, tea, chocolate, pop)

Please contact me at **250-716-7705** if:

- You have any questions or are unsure about which of the above medications you are taking
  - You are pregnant
  - You have had a heart attack in the past 3 months
  - You know you have an abdominal aneurysm
  - You develop a chest infection associated with a fever or a very bad cough within 1 week of the test
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## PARKING

Parking is available right in front of the Ambulatory Care Building.

## CANCELLATIONS

If you are unable to come for your test, please call the booking clerk at least 24 hours prior to your test to have it re-scheduled.

Booking can be reached at (250) 716-7705 or Toll-Free at 1-877-711-7705. The telephone lines are answered Monday to Friday between 8:00 a.m. until 2:30 p.m.

There is a strict "no show policy". If you do not show for your appointment your referral will be returned to the ordering Doctor. You will then need to see your Doctor to obtain a new referral.

