

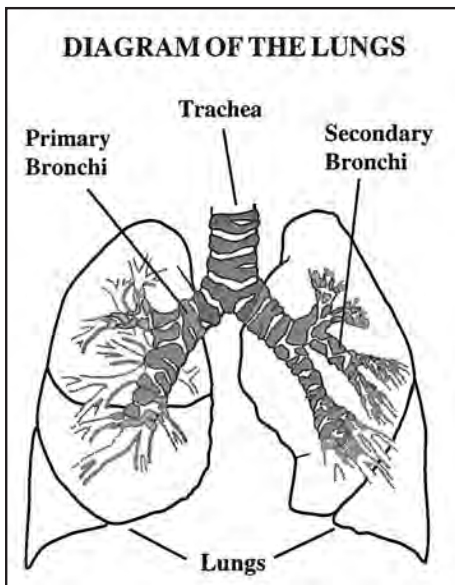
For menstruating women

If there is a chance that you are Pregnant OR planning a pregnancy :

1. Methacholine is a pregnancy category C drug and effects on the fetus are unknown
2. The test should be scheduled during the first 10 days of the start of your menstrual cycle.

How will I get the results?

The results will be sent to your doctor, whom you will most likely be seeing immediately after the test. If your doctor is outside the Dartmouth-Hitchcock Medical Center, the results should be available within three days.



Questions?

If after reading this brochure, you have questions about the bronchial inhalation challenge test, please note them below and bring them to your next visit. If you have questions that you would like answered before that time, please call us.

Notes

For a listing of providers, events, support groups and health information visit Dartmouth-Hitchcock.org

Manage your health online at myD-H.org

Dartmouth-Hitchcock Medical Center is a charitable organization and has a financial assistance policy.

DHMC is a Smoke-Free and Tobacco-Free campus.

 **Dartmouth-Hitchcock**
MEDICAL CENTER

Section of Pulmonary Medicine
One Medical Center Drive Lebanon, NH 03756
(603) 650-5710 | Dartmouth-Hitchcock.org

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Bronchial Inhalation Challenge

(Methacholine Test)

 **Dartmouth-Hitchcock**
MEDICAL CENTER

What is the purpose of a bronchial inhalation challenge test?

The purpose is to diagnose asthma or hyper-reactive airways.

What will happen during the test?

You will first take standard breathing tests.

You will then be asked to inhale concentrations of methacholine, a medicine that may narrow your airways. After breathing in each concentration, additional breathing tests will be performed. **You may experience some tightness of the chest, shortness of breath, and/or wheezing.**

How long will the test last?

The total testing time will last approximately 60 minutes.

How will I feel after the test?

Regardless of the results of the tests, you will be given a bronchodilator medication to inhale to reverse the narrowing of the airways.

If you don't feel well after leaving the test, you should call the Pulmonary Function Laboratory at **(603) 650-5714**. The hours are Monday through Friday from 8:00 am to 5:00 pm. If you need help outside these hours, call your doctor, or in case of emergency, go directly to the Emergency Room.

What should I do before the test?

- The following list of foods and activities needs to be avoided **eight hours** before the test:
 - No** caffeine
 - No** chocolate
 - No** orange juice
 - No** vigorous exercise
 - No** smoking

Medications

Please talk with your doctor and ask about stopping any of the following medications.

For optimal test results it is recommended to stop the following medications prior to methacholine testing:

- Anti-inflammatory medications
 - Stop Anti-inflammatory medications 1 week prior to testing (prednisone; Singulair®; Flovent®; Pulmicort®; Advair Diskus®; Symbicort®)
- Bronchodilator medications
 - Stop inhaled albuterol or Combivent® for 6 hours prior to testing.
 - Stop inhaled salmeterol (Serevent®) or formoterol (Foradil®) for 12 hours prior to testing.
 - Stop inhaled tiotropium (Spiriva®) for 24 hours prior to testing.