

PULMONARY FUNCTION LABORATORY

TRIPLER ARMY MEDICAL
CENTER

1 JARRETT WHITE RD
PULMONARY CLINIC
4TH FLOOR
HONOLULU, HI 96859

Phone: 808-433-5759
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INSTRUCTIONS FOR: METHACHOLINE CHALLENGE

<u>POTENTIAL INFLUENCES:</u>	<u>AVOIDANCE PRIOR TO TESTING:</u>
Smoking.....	4-6 hours
Short-acting inhaled bronchodilator (Albuterol, Xopenex, etc.).....	At least 8 hours
Long-acting inhaled bronchodilator (Serevent, Foradil, Spiriva, etc.)...	48 HOURS
Anticholinergic agents (atrovent).....	24 hours
Anything with caffeine coffee, cola, cocoa, chocolate, tea, energy drinks) (Mountain Dew, Dr Pepper, etc)	At least 12 hours
PT Exercises; air pollutants (dusting carpets, excessive vehicle exhaust, etc)	At least 8 hours
Common antihistamines and decongestants..... (cold meds, Benadryl, Dimetap, Sudafed, Allegra, Claritin, Zyrtec, Atarax)	AT LEAST 72 HOURS
Theophyllines (Theodur, Slow bid, etc).....	AT LEAST 48 HOURS
Leukotriene modifiers (Singulair).....	At least 24 hours
Chest "flu"/cold.....	1 week (MEPS applicants 6-8 weeks)
Inhaled steroids (Advair, Symbicort, Asmanex, Flovent, Pulmicort,, etc.)	2 WEEKS
PLEASE LET US KNOW IF YOU ARE PREGNANT OR NURSING	

NAME:

TODAY'S DATE:

DATE OF TEST:

TIME OF TEST:



This test will take approximately one (1) hour. Please arrive 10 minutes prior to your testing time. If you are late 15 minutes or more, you will be counted as a no show and will be rescheduled. If you are unable to keep your appointment, please call 808-433-5759 at least 24 hours prior to your test to cancel/reschedule or it will be counted as a no show. If you do not follow all instructions above you may be subject to rescheduling of your test to a later date. ****Active duty military personnel not keeping appointments may be reported to their chain of command****

POC: Jesse Sherratt, DO MAJ, MC, USA, Medical Director, PFT Laboratory

OVERVIEW:

Challenge tests or challenge studies, are types of tests that measure if your lung function changes after you breathe in specific chemicals. In the US, the most common chemical used in this test is methacholine. The chemical histamine may be used in the test. The reason for using either of these chemicals and the procedures are the same. A challenge study may be done to see if you have asthma or how well your asthma medicine is working.

WHY AM I GETTING THIS TEST?

Your health care provider may have ordered a methacholine challenge test (MCT) to find out if your breathing problem is from asthma. If you have asthma, your provider may order the test to check if your asthma is under control.

IS THERE A CHANCE I MAY NOT BE ABLE TO HAVE A MCT?

There are several reasons you may not be able to undergo the MCT. You should not have the test for the following reasons:

- your lung function is too low after the first spirometry test
- heart attack or stroke in the last 3 months
- uncontrolled blood pressure
- certain types of blood vessels problems (e.g. aortic or cerebral aneurysm)
- pregnant or nursing

When in doubt about whether or not you should have this test, ask your health care provider and discuss your concerns with the testing center.

WHAT SHOULD I DO OR NOT DO BEFORE A METHACHOLINE CHALLENGE TEST?

Please see the front page of this sheet for instructions about what you should and should not do prior to testing.

WHAT CAN I EXPECT TO FEEL WHEN TAKING A METHACHOLINE CHALLENGE TEST?

The challenge study is designed to see if your airways tighten, so if your airways do not tighten, you may have no symptoms at all. If your airways do tighten during the test, you may have symptoms of an "asthma attack." You may cough, wheeze, feel chest tightness or be short of breath. If the test results show that your airways are tightening, you will be given a bronchodilator that will relieve the symptoms. The test is done in a Pulmonary Diagnostic Laboratory with trained staff and a health care provider available during the study.

HOW DO I FIND OUT THE RESULTS OF MY TEST?

Test should be available no later than 24 to 48 hours after your test is complete. Please contact the pulmonary clinic at 808-433-5759 and leave a message for your provider to contact you with the results of your test.



TAKE ACTION!

- ⇒ If you have a cold, increased coughing, or are feeling ill the day of the test, check with the testing center about postponing your test.
- ⇒ Check with the testing center to find out if any medicines need to be stopped before your challenge test and for how long.
- ⇒ Ask your health care provider to explain the results of your test.

