

NH Pulmonary Diagnostic Services

PATIENT INSTRUCTIONS

Test type: **Methacholine Challenge Test**

Test time: Arrive 20 mins early to allow for parking and checking in at patient registration.

Check in: Report to patient registration/information for direction to testing area.

Please be sure to follow the instructions below as failure to do so could result in your test having to be cancelled and rebooked:

- All patients are required to provide a Care Card or other form of ID for check in. We will need to confirm that the information we have for you is current and correct.
- Hospitals and Health Centers are scent free environments. Please do not use or wear any scented products (perfume, cologne, after shave, etc.) This can impact the health of other people.
- Wear regular clothing attire, there will be no exercising, so no gym wear is needed. You will be doing some breathing patterns so do not wear any clothing that restricts your ability to breathe.
- Do not smoke/vape any substances 4 hours prior to testing.
- Do not consume any intoxicants (alcohol, marijuana, or recreational drugs) 8 hours prior to testing.
- You may eat normally but no large meals 2 hours prior to testing
- Please use the washroom prior to testing.
- Methacholine Challenge Testing can take between 30–90mins

Please Avoid the following Medications before your test:

Time Before Test	Medication Type
8 hours	Salbutamol, Apo-Salvent, Ventolin, Bricanyl, Berotec, Airomir, Inhaled Cromolyn Sodium
12 hours	Atrovent, Combivent
24 hours	Oral theophylline (Uniphyll, Theodur)
36 hours	Foradil, Oxeze, Serevent, Advair, Symbicort, Zenhale
48 hours	OnBrez, Breo
1 week	Spiriva, Incruse, Seebri, Turdorza, Inspiroto, Anoro, Ultibro, Duaklir, Trelegy, Breztri

If you need to cancel/rebook your testing appointment, please contact your testing site:

Testing Site	Phone Number
Prince George UHNBC	250.645.6314