

Your doctor has requested a Methacholine Challenge Test. If your doctor asked you to make the appointment yourself, please phone our Laboratory with the following information ready.

- Your name, Date of birth (e.g.: January 1, 1950) and Health Card Number
- Home Address and telephone number
- Other test(s) requested on the Requisition

Please fax the Requisition to us with the above information and the Date and Time given by us. You **MUST** bring the original Requisition on the day of your appointment

What is a Methacholine Challenge Test?

The test is designed to assess the sensitivity of your airways. You will be asked to inhale a mist that contains different concentrations of methacholine solution. The mist is produced by a device called nebulizer and inhaled through a mouthpiece for 2 minutes. Before the test begins, and after each period of inhalation, you will be asked to blow forcefully into a spirometer to measure the effect of the Methacholine on your airways. The test usually takes about an hour.

General Preparations

DO

- have light meal two (2) hours before test if needed
- wear comfortable clothing
- bring English speaking interpreter if necessary
- postpone this test if you are pregnant or breastfeeding, please discuss with your doctor
- inform the Laboratory if you are unable to stop taking beta-blocker (see Beta-Blocker below) for 24 hours.
- re-schedule this appointment if you have a cold or a flu
- call immediately if you are unable to keep the appointment, please call the Laboratory at (416) 480-4427.
- arrive for your appointment on time. *(Note: Your test may be delayed or re-scheduled for late arrival.)*

DO NOT

- eat food or drink contains caffeine (i.e.: coffee, tea, cola, chocolate etc.) on the day of appointment.
- smoke at least **ONE** hr before test.
- exercise on the day of appointment.
- take breathing and anti-histamine medications (see "Stop Medications" below).

Stop Medications

Certain medications will interfere with the result of this test. Therefore you should stop these medications for the period of time indicated on the chart below. If you have any concern about stopping the medication, you should discuss with your doctor or phone the Laboratory for further information.

Stop for 8 hours before Test

Short-acting inhaled Bronchodilators (Puffers)

- Salbutamol (Ventolin, Airomir, Apo-Salvent)
 - Terbutaline (Bricanyl)
 - Fenoterol (Berotec)
- Sodium cromoglycate (Intal), etc.

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Stop for 24 hours before Test

Medium-acting inhaled Bronchodilators (Puffers)

- Ipratropium (Atrovent, Combivent)
- Leukotriene (Singulair), etc.

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Stop for 48 hours before Test

Long-acting inhaled Bronchodilators (Puffers)

- Salmeterol (Serevent, Advair)
- Formoterol (Oxeze, Symbicort)
- Nedocromil Sodium (Tilade)
- Tiotropium Bromide Monohydrate (Spiriva)

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Stop for 3 days before Test

Antihistamine

- Dimenhydrinate (Gravol)
- Hydroxazine (Atarax)
- Cetirizine (Reactine), etc.

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BETA-BLOCKER MEDICATION

Please inform the Laboratory if you are taking the following beta-blocker medication to control your high blood pressure.

- Atenol-APO (Atenolol)
- Betaloc (Metoprolol tartrate)
- Brevibloc (Esmolol HCl)
- Lopresor (Metoprolol tartrate)
- Monacor (Bisoprolol fumarate)
- Nadol-APO (Nadolol)
- Propanolol-APO (Propranolol HCl)
- Sectral (Acebutolol HCl)
- Slow-Trasicor (Oxprenolol HCl)
- Timol-APO (Timolol maleate)
- Transdate (Labetalol HCl)
- Viskin (Pindolol)

How to Find us:

We are located on the East side of Bayview Avenue between Lawrence Avenue and Eglinton Avenue.

By TTC

TTC buses run from Lawrence and Davisville subway stations and stop outside M-Wing, the main entrance to the hospital.

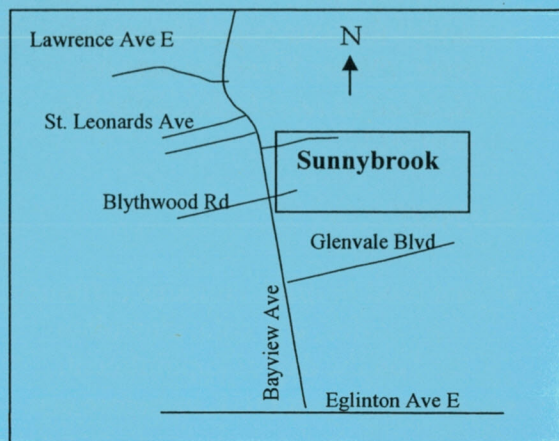
Bayview 11 bus: runs from Davisville subway to Sunnybrook

Lawrence 124: runs from Lawrence subway to Sunnybrook.

For times and schedules, call the TTC at 393-INFO.

Driving

The hospital is located at 2075 Bayview Avenue, two traffic lights north of Eglinton Avenue East and three lights south of York Mills Road, south of Hwy 401.



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Sunnybrook Health
Sciences Centre

www.sunnybrook.ca

Pulmonary Function Laboratory

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Preparing

For a

Methacholine

Challenge Test

Appointment Date:

____/____/____
(yyyy mm dd)

Appointment Time:

A.M./P.M.