Instructions for Methacholine Challenge Testing
These instructions are required to be signed by the ordering physician.
The patient must present this sheet to the technician when reporting for testing.

Patients should have the following medications discontinued prior to Methacholine Challenge testing;

1. All inhaled lung and nasal medications for 48 hours.
2. All cough medications (prescribed and over the counter) for 48 hours.
   (To include Tylenol PM)
3. All theophylline and antihistamines for 48 hours.
4. No smoking for six hours prior to the test.
5. No caffeinated beverage six hours before the test. (This includes chocolate.)
6. A light meal two hours prior to the test is permissible.
7. No strenuous exercise or exposure to cold air two hours prior to the test.
8. Physician must instruct the patient on discontinuing Steroids (any route) or any medications not listed above.
9. You cannot be pregnant.
10. No antibiotics for at least 1 week.

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Date/Time of Test  |  Physician Signature/Date

**Any of the above medications may be continued at the discretion of the physician**
--If you have any questions, please call the Pulmonary Lab @ (254) 724-2226.