



Comprehensive Pulmonary  
and Primary Care  
Physicians of Orange County

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## **METHACHOLINE CHALLENGE TEST INSTRUCTIONS**

**PATIENT:**

**PHYSICIAN:**

**DATE and TIME:**

### **Routine Preparation:**

1. If you have any symptoms of a cold, chest congestion, respiratory infection, gastrointestinal problems such as diarrhea or vomiting within 2 weeks of your appointment time, it is important you contact our office. We would like you to be completely symptom-free for at least 2 WEEKS prior to your appointment date.
2. Inhaled bronchodilators must be discontinued 12 hours before the procedure. Examples of these are: Alupent, Albuterol, Isuprel, Proventil, Ventolin, etc.
3. Oral bronchodilators (pills), Examples: Intal, Singulair and Theophylline must be discontinued 48 hours prior to the procedure.
4. Inhaled steroids, Examples: Azmacort, Advair, Serevent, Vanceril, Combivent must be discontinued 48 hours before the procedure.
5. Chocolate, colas, coffee and tea (even if decaffeinated) must be discontinued 8 hours before the procedure.
6. Exercise and cold exposure should not occur within 2 hours before the procedure.
7. Please do not eat within 2 hours of your test time.

Please call the PFT Lab at 714-639-7021 with any questions you may have.