

Allergy & Asthma of Southern Indiana, P.C

Methacholine Test Instructions

A Variety of factors are known to affect the response to Methacholine. You should refrain from the following items prior to your scheduled test which can cause a false positive or false negative (“incorrect result”).

- Do not take **Inhaled Steroids** such as Asmacort, Advair, Asmanex, Aerobid, Beclovent, Vanceril, Qvar, Flovent, Pulmicort or Symbicort **72 hours** prior to the test (no later than **Friday** morning).
- Do not take **antihistamines** (see list) **72 hours** prior to the test (no later than **Friday** morning).
- Do not take **Long Acting Bronchodilators** such as Serevent, Spiriva, Theophylline, or Foradil **48 hours** prior to the test(no later than **Saturday** morning).
- Do not take **Oral Steroids** such as Prednisone, Prelone, Pediapred, Orapred, or Medrol **48 hours** prior to the test (no later than **Saturday** Morning).
- Do not take **Tilade (Nedocromil)** **48 hours** prior to the test(no later than **Saturday** Morning).
- Do not take **Accolate** or **Singulair** **24 hours** prior to the test(no later than **Sunday** morning)
- Do not take any **Short Acting Bronchodilators** such as Proventil, Albuterol, Xopenex, Pro-air, Ventolin, Atrovent, Combivent, or Maxair **8 hours** prior to the test.
- Do not take **Cromolyn Sodium (Intal)** **8 hours** prior to the test.
- Avoid Strenuous **Exercise 8 hours** before your test.
- Avoid **Caffeine** containing products (ie. Coffee, Tea, Caffeinated Soda, Chocolate) **8 hours** prior to test.
- You should not receive a **vaccination** for Influenza or Rubeola **2 weeks** prior to the test.
- **Don't Smoke for 2 hours prior to the test.**
- We cannot test if you become pregnant or are currently breastfeeding.
- Due to the nature of the Methacholine Test procedure, please avoid having children in the room the day of testing.

Due to the expense and time spent preparing the Methacholine materials, please call our office as soon as possible if you need to cancel the test.