



242 Green Street  
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978-632-3420  
[www.heywood.org](http://www.heywood.org)

## PATIENT INSTRUCTIONS FOR METHACHOLINE CHALLENGE

DURATION OF EXAM: 60 MINUTES  
PATIENT SCHEDULING: 978-630-5070  
QUESTIONS ABOUT TEST: 978-630-6548

EXAM DATE AND TIME: \_\_\_\_\_

THE PFT LAB IS LOCATED ON THE 2nd FLOOR IN THE HEART AND VASCULAR CENTER.

### **INSTRUCTIONS:**

Prior to coming in for testing, you will need to **STOP** taking some of your medications:

- ◆ **STOP 72 HOURS** prior to testing:  
Allegra (regular & D), Benadryl, Bromfed, Claritin (regular & D), Clarinex.  
Over the counter cold, cough and sinus medications, Zyrtec etc.
- ◆ **STOP 48 HOURS** prior to testing:  
Advair, Foradil, Serevent, Spiriva, Symbicort, Theo-24 (long acting), Tilade  
(nedocromil), Uniphyll (long acting).
- ◆ **STOP 24 HOURS** prior to testing:  
Accolate, Atrovent, Proventil repetabs, Singulair, Theo-dur (intermediate acting).
- ◆ **STOP 12 HOURS** prior to testing:  
Liquid Theophylline.
- ◆ **STOP 8 HOURS** prior to testing:  
Albuterol, Combivent, Intal (cromolyn sodium), Maxair, Proair, Proventil,  
Terbutaline, Ventolin, Xopenex.
- ◆ **If you have questions about any respiratory medications not listed, please call  
978-630-6548 or 978-630-6516.**
- ◆ AVOID ALL CAFFEINE THE DAY OF YOUR TEST
- ◆ NORMAL DIET – NO FASTING NECESSARY
- ◆ DO NOT SMOKE for at least 24 hours prior to testing.
- ◆ Bring a list of medications with you.
- ◆ You may resume your asthma medications after your testing is completed.

To pre-register for your appointment, call Patient Scheduling at least 2 days before your scheduled appointment at 978-630-5070. Pre-registration will allow you to report directly to the PFT Lab the day of your appointment.

Please arrive 15 minutes prior to your exam.

Thank you,  
Respiratory Department