



## **Methacholine Challenge**

Methacholine challenge test (also known as bronchoprovocation test) is performed to evaluate how "reactive" or "responsive" your lungs are.

It can help your doctor evaluate symptoms suggestive of asthma, such as cough, chest tightness and shortness of breath, and help diagnose whether or not you have asthma. During the test, you will be asked to inhale doses of methacholine, a drug that can cause narrowing of the airways. A breathing test will be repeated after each dose of methacholine to measure the degree of narrowing or constriction of the airways.

The test starts with a very small dose of methacholine and, depending on your response, the doses will be increased until either you experience 20 percent drop in breathing ability, or you reach a maximum dose with no change in your lung function.

### **Exam Information:**

- Please wear comfortable clothing
- Take your daily medications prior to testing unless told otherwise
- Do not smoke for at least six hours prior to testing
- Arrive 30 minutes prior to your scheduled appointment to register
- Bring a current written list of medications
- If you are using a short-acting inhaler that is used only as needed, do not use for six to eight hours prior to testing, if possible
- The exam require you to be NPO (without food/drink) from midnight before the exam, till after the exam is completed

## **Methacholine Challenge (cont)**

Upon arrival, you will be registered and escorted to the Cardiopulmonary Department where you will be asked about your medical history. If lab work is needed, it will be completed prior to the exam. The exam takes about 60-90 minutes.

Please call (865) 446-8100 if you have questions regarding your exam preparation. A Therapist will explain the procedure prior to the exam and help answer questions. If you have scheduling concerns, please call (865) 374-4000.

**\*Results should be available within 48 hours, either through your personal patient portal or your ordering provider**