

Methacholine challenge test

The purpose of the examination is to assess bronchial sensitivity.

The actual examination takes approximately 60 minutes.

Before examination

Before the study, you must be:

- **4 hours** without coffee, tea, cola drinks and energy drinks
- **4 hours** without heavy meals
- **2 hours** without smoking
- **1 day** without alcohol

You can have a light meal.

Avoid heavy physical activity for 2 hours before the examination.

If you are pregnant or suspect that you are pregnant, call the number listed in the arrival instructions. This examination is not performed on pregnant or breastfeeding women.

The examination can be performed no earlier than about **four weeks after you have recovered from respiratory tract infection**. In addition, the examination can be performed no earlier than **two weeks after influenza vaccination**.

Medication

Attached is a list of medications affecting lung function that you need to pause before the examination. Also, any potential Peak Expiratory Flow (PEF) monitoring should be suspended for a minimum of 12 hours.

Apart from medications prescribed for respiratory diseases, take your other regular medication as usual.

Examination will not be performed if you are taking the following medications:

- Dementia medications: Aricept®, Donepezil®, Exelon®, Nimvastid®, Rivastigmin®, Rivastigmine®, Rivastor Galantamin®, Galantamine® or Reminyl®.
- Myasthenia gravis medications: Mestinon®, Neostig inj®, Glycostigmin inj®, Robinul-Neostigmin inj®, Ubretid® or Mytelase®.

Bring your prescriptions or a list of your medications with you to the test.

Examination

The examination will begin with exhale tests, followed by inhalation of methacholine. The reaction caused by methacholine is monitored by additional exhale tests. Finally, you will be given some bronchodilator medicine, and the exhale tests are performed again. This will ensure that your breathing ability has returned to normal. Exhaling into the mouthpiece may feel slightly strenuous.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor or if you have any questions about medication pauses.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment, or if you fall ill with a respiratory infection (e.g. the flu) or some other acute illness.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

Medicines that affect pulmonary function tests

When pulmonary function is tested without medication effect, the patient should not take the following medicines for at least the time mentioned below.

<p>Accolate 3 days Adrenalin, Epipen 12 h Aerobec 4 weeks Airomir 12 h Alvesco 4 weeks Aminocont 3 days Anoro 3 days Asmanex 4 weeks Astecon 3 days Atro dual 24 h Atrovent 24 h Atrovent comp 24 h</p> <p>Beclomet 4 weeks Bricanyl 12 h Budenofalk 4 weeks Budesonid(e) 4 weeks <input type="checkbox"/> Bufomix 2 days <input type="checkbox"/> Bufomix 4 weeks Buventol 12 h</p> <p>Cykloterol 2 days</p> <p>Daxas 5 days Dexametason 4 weeks Duaklir 2 days</p> <p>Efedrin 12 h Efedriini 12 h Efedriini hydrokloridi 12 h</p>	<p>Eklira 2 days Entocort 4 weeks Euphylong 3 days</p> <p>Flixotide 4 weeks Flutide 4 weeks <input type="checkbox"/> Flutiform 2 days <input type="checkbox"/> Flutiform 4 weeks Fomeda 2 days Foradil 2 days Formaxa 2 days Formoterol 2 days</p> <p>Hydrocortison 4 weeks *</p> <p>Incruse 3 days <input type="checkbox"/> Innovair 2 days <input type="checkbox"/> Innovair 4 weeks Ipraxa 24 h IpramoL 24 h Inspiolto 7 days</p> <p>Lomudal 12 h</p> <p>Medrol 4 weeks * Montelukast 3 days</p>	<p>Novopulmon 4 weeks</p> <p>Onbrez 7 days Oxis 2 days</p> <p>Prednisolon 4 weeks * Prednison 4 weeks * Pulmicort 4 weeks</p> <p>Racinephrine 12 h <input type="checkbox"/> Relvar 3 days <input type="checkbox"/> Relvar 4 weeks Retafyllin 3 days Rinexin 12 h</p> <p>Salbutamol 12 h <input type="checkbox"/> Salflumix 4 weeks <input type="checkbox"/> Salflumix 48 h <input type="checkbox"/> Salmeterol/Fluticason 4 weeks <input type="checkbox"/> Salmeterol/Fluticason 48 h Seebri 12 days <input type="checkbox"/> Seretide 2 days <input type="checkbox"/> Seretide 4 weeks Serevent 2 days Singulair 3 days Solomet 4 weeks *</p>	<p>Spiriva 4 days Striverdi 7 days <input type="checkbox"/> Symbicort 2 days <input type="checkbox"/> Symbicort 4 weeks</p> <p>Theofol 3 days Theofol comp 3 days Theofylliini 3 days Tilade 24 h <input type="checkbox"/> Trelegy 3 days <input type="checkbox"/> Trelegy 4 weeks <input type="checkbox"/> Trimbow 12 days <input type="checkbox"/> Trimbow 4 weeks</p> <p>Ultibro 12 days</p> <p>Ventilastin 12 h Ventoline 12 h</p> <p>Cough medicines 3 days</p> <p>* medication on hold if part of asthma or COPD therapy</p>
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