

## **Respiratory Bronchial Provocation (aka Methacholine Challenge)**

### **PREPARATION FOR YOUR TEST**

1. Avoid smoking and coffee, cola or chocolate drinks for at least six hours prior to appointment.
2. Do not use inhaled steroids and theophylline for five days prior to testing:  
Examples of inhaled steroids include: Advair, Flovent, Azmacort, Aerobid, Pulmicort, Asmanex and QVAR.
3. Do not use bronchodilators on the day of appointment:  
Examples of bronchodilators include: Proventil, Albuterol, Ventolin, Serevent, Foradil, Proair, Duoneb, Xopenex, Atrovent & Combivent.
4. Avoid heavy exercise the day of appointment.