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.