

# MCT (Methacholine Challenge Test)

## How to prepare for a Methacholine Challenge Test (MCT)?

- You can eat a light meal (toast, soup, or muffin) two hours before your appointment.
- Do not smoke 8 hours before your test.
- Wear comfortable clothing.

### Please bring all your current medications with you to your appointment

Before your test, please **avoid** taking the following medications except in emergency situations:

- Ventolin, Bricanyl, Berotec – 8 hours before your appointment
- Atrovent, Combivent – 12 hours before
- Theophylline – 24 hours before
- Slow Release Theophylline – 48 hours before
- Symbicort, Serevent, Advair, Oxeze – 48 hours before
- Accolade, Singulair, Spiriva – at least 24 hours before
- Flovent, Pulmicort, Flonase – 12 hours before
- Antihistamines – 4 days before
- Beta Blockers (heart medication) – Please call us at (807) 684-6680
- Prostigmine, Neostigmine, Mestinon – Please call us at (807) 684-6680

If you are unsure if you are taking any of the above medications, check with your pharmacist or doctor. You may take these medications as ordered by your doctor after your test has been completed.

Take all other medications as usual unless specified otherwise by your physician. If you had to take the above medications due to an emergency situation,

or if you have a cold, flu, fever or are feeling ill, contact the PFT Bookings office at (807) 684-6680 prior to coming for your test.

## What is a Methacholine Challenge Test?

A Methacholine Challenge Test (MCT) is to help determine the severity of asthma by measuring the irritability and responsiveness of your airways. The test consists of inhaling a mist from a device called a nebulizer, similar to that used for inhaler medications. The mist contains different concentrations of methacholine, a chemical that will irritate your airways like allergies (histamine). The test will take approximately 90 minutes to complete.

## What will happen during an MCT?

The Respiratory Therapist will ask you to blow forcefully into a spirometer to get a baseline measurement of your lung volumes. You will then be given the first dose of methacholine through the nebulizer for two minutes. After each dose of methacholine, you will perform the breathing test again to measure the response of your lungs to methacholine. You will be given an inhaled bronchodilator (Ventolin®) after all of the doses of methacholine have been administered to ensure that your lungs are back to the baseline measurement we took at the beginning of the test.

## What will happen after the MCT?

After your MCT you may return to your normal activities. The Respiriologist will send the report to your physician. The results will be given to you by your physician