

Atlantic Allergy & Asthma Center, P.C.
Lawrence A. Schwartz, D.O., F.A.C.A.A.I.
Danielle Gosner, MSN, NP-C

408 Bethel Road, Suite D1
Somers Point, NJ 08244
(609)653-6676

Adult and Pediatric Allergy
Clinical Immunology and Associated
Pulmonary Diseases

76 West Jimmie Leeds Rd
Galloway Twp
(609)653-6676

Methacholine Challenge Pulmonary Function Test Avoidance Measures

Please refrain from the following prior to your scheduled test:

1. no smoking for 6 hours prior to the test
2. no coffee, tea or other caffeine containing products for 6 hours prior to the test- (coffee, tea, cola or chocolate)
3. do not use your inhaled bronchodilators(albuterol, proventil, accuneb, alupent, brethine, xopenex, combivent, duoneb, serevent, advair symbicort, foradil, maxair) for 48 hours prior to the test – unless absolutely necessary for significant respiratory symptoms
4. no strenuous exercise for 2 hours prior to the test
5. no exposure to highly polluted air for 8 hours prior to the test
6. do not use theophyllines or other oral bronchodilators(brethine, vospire tablets, proventil tablets) for 24 hours prior to the test
7. no influenza vaccine or measles vaccine for 2 weeks prior to the test
8. no CNS stimulant medications for ADHD (adderall, Ritalin, concerta, metadata etc) for 24 hours prior to the test
9. do not do test if you are pregnant
- 10.No Anthistamines for 48 hours
11. No beta-blocker medications 24 hours prior to test
12. Singular (montelukast) must be held 3 days prior to test
13. Sprivia must be held for 2 weeks prior to test