



June 14, 2017

Pulmonary Function Lab
PATIENT INSTRUCTIONS
Methacholine Challenge

Patient Name

Address Line 1

Address Line 2

Appointment Date:

★ Test Start Time: (but please arrive 15 minutes earlier)

Your test is a: Methacholine Challenge Test

Please follow the instructions below as failure to follow these instructions may result in your test being cancelled unfortunately.

- ❖ Report to the **Pulmonary Function Department** at the Royal Jubilee Hospital 15 minutes prior to your test start time.
- ❖ **Have your Care Card or BC Services Card ready for our receptionist. We will confirm that the information we have for you is current and correct.**
- ❖ If the receptionist is away from her desk, please sit in the **waiting room, Room 410**, located on the 4th floor of the Royal Block as the respiratory therapist will be looking for you there. Therapists work a 12 hour shift and have their breaks from 12:00-12:45 pm and 4:45-5:30 pm, Monday to Friday, and their lunch break from 12:00-12:30 pm on Saturday.
- ❖ Thank you for not wearing scented products or lipstick.
- ❖ Avoid caffeine (tea, coffee, chocolate, pop) for 4 hours prior to test. You may eat as normal, avoiding caffeinated products.
- ❖ Do not smoke any substances for 4 hours prior to test.

Some breathing medications will interfere with the test and should be withheld if possible. However, if you cannot go without these medications, then continue with your usual routine and inform the therapist when you come for your test. All other medications continue as ordered.

Test length is approximately 60 minutes.

CANCELLATIONS: Appointment cancellations could result in a delay for your test. If you have a personal emergency and need to cancel, please try to call at least 48 hours in advance and leave a detailed message for Dee at 250-519-1642.

PLEASE TURN OVER

If possible AVOID the following medications before your test:

- No short acting bronchodilators (e.g., Ventolin, Salbutamol, Bricanyl, Berotec) **8 hours prior to your test.**
- No medium-acting bronchodilators (e.g., Atrovent/Ipratropium) for **24 hours prior to your test.**
- No long acting bronchodilators (Serevent, Oxeze, Spiriva, Foradil, Advair, Symbicort) for **48 hours prior to your test.**
- No anti-histamines (e.g., Allegra, Aerius, Benadryl, Reactine, Hismanal) for **3 days prior to your test.**
- No theophylline (Uniphyl, Theodur) for **48 hours prior to your test.**
- No inhaled Cromolyn sodium for 8 hours or Nedocromil for **48 hours prior to your test.**
- No oral leukotriene receptor antagonists (e.g., Accolate, Singulair, etc.) for **24 hours prior** to the test.

Unless otherwise advised by your doctor, continue to take your anti-inflammatory medication (e.g., oral Prednisone or inhaled Flovent, Pulmicort, Qvar, Alvesco) and inform the therapist when you come for your test.

If you are unsure if you are taking any of the above medication, check with your pharmacist or physician.

OUR LOCATION:

We are located on the 4th floor of the Royal Block, located at the older (original) side of the Royal Jubilee Hospital. If you park in the parkade at the newer side of the hospital (Bay Street entrance) to reach the Royal Block you would:

- ❖ Enter Main Entrance of the D&T Centre (Diagnostic & Treatment Centre).
- ❖ Proceed past Tim Horton's, past the Information Desk, past a set of two elevators, and continue down a wide and long corridor. If you can see the chapel on your right you are in the right hallway. At the end of the hall take an elevator to the 4th floor. Exit. Around the corner and you will see the Royal Block hallway. You can always ask at the Information Desk too!
- ❖ Our reception area is half way down the hall on your right, waiting room half way down the hall on your left.

If you wish to enter from the Old Main Entrance, closer to Richmond and Fort Street:

Enter foyer of Old Main Entrance, turn to your right, where a few steps away you will find a bank of four elevators. Take any one of those to the fourth floor. The Royal Block will be just outside the elevators on the 4th floor and half way down the hall to Reception. Parking is quite limited at this side of the hospital.

Please see the attached map for our location!