

MCT (Methacholine Challenge Test)

If you have a cold, flu, fever or are feeling ill, contact the Bookings Office at 519-631-2030, ext. 2378 prior to coming for your test. **A negative COVID test is required within 72 hours of 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 medication that will initiate small changes to your airways. These changes will be measured in the PFT lab. The test will take approximately 90 minutes to complete.

How to prepare for a MCT?

- You can eat a light meal two hours before your appointment.
- Wear comfortable clothing.
- Do not smoke for one (1) hour before your test.
- Avoid caffeine on the morning of your test.
- Hold rescue or short acting inhalers the day of your test.
- Hold Oral Respiratory medication, combination LABA/ICS & LABAs 36 hours prior to your test.
- Hold combination LAMA/LABAs, LAMA/ICS, LAMAs 72 hours prior to your test.
- You may continue with inhaled steroids, intranasal steroids and oral steroids.
- **Please bring all of your current inhalers with you to your appointment.**



Medications:

Hold the following medications on **the morning of your test:**

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|------------|-------------|
| • Airmoir | • Combivent |
| • Atrovent | • Oxeze |
| • Bricanyl | • Ventolin |
| • Berotec | |

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Medications continued:

Hold the following medications for **36 hours**
prior to your test:

- Accolate aka Zafirlukast
- Advair
- Breo
- Foradil
- Onbrez
- Oxeze
- Serevent
- Singulair aka Montelukast
- Striverdi
- Symbicort
- Zenhale

Hold the following medications for **72 hours**
prior to your test:

- Anoro
- Duaklir
- Incruse
- Inspiroto
- Seebri
- Spiriva
- Trelegy
- Turdoza
- Ultibro

***Take all other medications as usual unless specified otherwise. If you had to take the above medications due to an emergency situation, contact the Booking Office at (519) 631-2030, ext. 2378.**

What will happen during the 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. 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.