



Dignity Health™

Mercy Medical Center
Redding

Methacholine Challenge Test

Before Your Test

Inhalers, nebulizers, and any other medications you take for breathing problems or for your lungs will need to be held before taking the methacholine challenge test. Different medicines have to be stopped at different times based on how long they stay in your body. Ask your health care provider which medicines you should stop taking and when you should stop them.

The Day of Your Test

No strenuous activities, exercise, or smoking at least 4 hours before the test. Try to avoid exposure to known allergens for 24 hours prior to the test. You can have a light meal at least 2 hours before your test.

After Your Test

You can start taking your medications again unless your doctor gives you other instructions. You may resume your normal diet and activities.

For questions, cancellation, or rescheduling please call 530-225-7075