

Bronchial Provocation Challenge Test (Histamine Challenge)

- **What is a Bronchial Provocation Challenge Test?** A test that measures how your lungs are working when challenged with a medication you breathe in called Histamine.
- Your doctor will call and schedule your appointment with us.
- Once you arrive to our department - we will call you back, weigh and measure your height.
- We will teach you how to blow into our machine so we can collect the information your doctor wants.
- Your test will be sent to a pulmonologist to be read and your ordering doctor will receive your results.

How to prepare for your test:

- Do not take any antihistamines such as Astelin, Claritin (regular or D) Clarinex, Allegra (regular or D), Benadryl, Bromed, Atrohist, Zyrtec (regular or D) and over the counter cold, cough and sinus medications or Singulair for 7 days prior to the date of your test.
- Do not take the following medications 48 hours prior to testing:
 1. Oral bronchodilators: Theodur, Theophylline
 2. Oral/inhaled steroids: Prednisone, Medrol, Flovent, QVAR, Azmacort, Pulmicort, etc.
 3. Bronchodilators/steroids: Albuterol, Ventolin, Proventil, Proair, Xopenex, Advair, Serevent, Atrovent, Combivent, Alupent, Spiriva, etc.
- Avoid all caffeine 6 hours prior to testing. This includes all chocolate, cola, tea, coffee or peppermint products.
- Please have a light breakfast and/or lunch prior to appointment.
- If you have a respiratory infection within 6 weeks prior to testing date, you should notify our office for possible reschedule. 865 541-8113.
- No physical exercise 4 hours prior to test.
- If you have a rescue inhaler (Bronchodilator - ex., Albuterol, Proventil, Ventolin, Proair, Xopenex) on your appointment day: **DO NOT USE - your inhaler - PLEASE BRING IT WITH YOU** to your appointment.
- Bring room temperature bottled water with you.
- Arrive 30 minutes prior to your scheduled appointment to allow for registration.

