

Appendix C:

Sample Methacholine Challenge Test Consent Form

PROCEDURE. There are many conditions that may cause cough and wheezing or shortness of breath, asthma being one of the most common. Methacholine challenge tests can be very useful in determining if the symptoms you or your child are having are due to asthma or are due to some other lung problem. The purpose of a methacholine challenge test is to determine if you or your child's airways constrict abnormally when a small amount of irritant is inhaled. You (or your child) will be asked to inhale a mist that contains different concentrations of a medication called methacholine. The mist is produced by a device called a nebulizer and inhaled through a mouthpiece. Before the test begins, and after each period of inhalation, you or your child will be asked to blow forcefully into a spirometer, a device that measures how much air you can blow out and how fast. The results from the test can help your doctor to decide which treatments are likely to work best for you or your child. The test usually takes about an hour.

DISCOMFORTS AND RISKS. This test does not cause an asthma attack but the inhalation of aerosols may be associated with irritation and constriction of the airways with mild shortness of breath, cough, chest tightness, wheezing, chest soreness, or headache. Many people do not have any symptoms at all. These symptoms (if they occur) are normally mild, last for only a few minutes, and disappear following the inhalation of a bronchodilator which is routinely administered and which causes the airways to relax. There is a very small possibility of severe narrowing of your airways. This could cause severe shortness of breath. If you or your child experience any symptoms, you will be treated immediately and all medication necessary to treat you will be immediately available.

I have read the above information and understand the purpose of the test and the associated risks. With this knowledge I agree to have this test performed on my child or me.

Patient or Guardian _____ Date

Witness _____ Date