



## Mannitol (Aridol™) Challenge

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This test is used to show if you have asthma. Many drugs used to treat asthma can interfere with the test and should be withheld before the test.

Time to withhold	Medication
At least 24 hours	Intal, Rynacrom, Tilade
	Ventolin, Airomir, Asmol, Butamol, Brycanyl
	Atrovent, Ipravent, Aeron, Apoven, Combivent
At least 48 hours	<ul style="list-style-type: none"> <li>• Seretide</li> <li>• Flixotide,</li> <li>• Beconase</li> <li>• Symbicort</li> <li>• Pulmicort</li> <li>• Budamax,</li> <li>• Qvar</li> <li>• Alvesco</li> <li>• Serevent</li> <li>• Oxis</li> <li>• Foradile</li> <li>• Nuelin</li> </ul>
At least 72 hours	Spiriva
	Telfast, Claratyne, Zyrtec, Polaramine, Phenergan, Avil, Zadine, Demazin, Fabahistin, Teldane, Histaminal, Vallergan, Periactin, Ancolan or any other anti-histamine.
	Cough, Cold and flu tablets. Rhinocort, Nasorex.
4 days	Singular

**Foods** Ingestion of significant quantities of coffee, tea, cola drinks, chocolate or other food containing caffeine may decrease bronchial responsiveness. These substances should be withheld on the day of the test.

**Exercise** Vigorous exercise should not be performed prior to testing on the day of the test.

**Smoking** Refrain from smoking at least 6 hours prior to testing.

If you are unsure about any medications you are taking please ring the office

If you have any adverse drug reaction please let us know before the test

**Appointment date:** \_\_\_\_\_  
**Cease medication:** \_\_\_\_\_