

Professor Roger Allen

Mannitol (Aridol) Challenge Information for Patients

Withhold on the day on the day of the test:

Coffee, tea, cola drinks, chocolate or other food containing caffeine (at least 3 hours prior). These may decrease bronchial responsiveness.

Refrain from smoking at least 6 hours prior to testing.

Withhold at least 24 Hours: any Asthma Relievers including but not restricted to:

- Intal
- Rynacrom
- Tilade
- Ventolin
- Airomir
- Asmol
- Butamol
- Brycanyl
- Atrovent
- Ipravent
- Aeron
- Apoven
- Combivent

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

Withhold at least 48 hours: any Asthma combination medications, corticosteroid preventers, including but not restricted to:

- Seretide
- Flixotide
- Beconase
- Symbicort
- Pulmicort
- Budamax
- Qvar
- Alvesco
- Serevent
- Oxis
- Foradile
- Nuelin

Withhold at least 72 hours: any antihistamines including but not restricted to:

- Spiriva
- Telfast
- Claratyne
- Zyrtec
- Polaramine
- Phenergan
- Avil
- Zadine
- Demazin
- Fabahistin
- Teldane
- Histaminol
- Vallergran
- Periactin
- Ancolan
- Rhinocort
- Nasonex
- Cough, Cold and Flu tablets and sprays

Withhold at least 4 days:

Singulair or other non-steroidal preventers.

If you are unsure about any medications you are taking please contact the office on 3719 5577. If you have any known drug allergies, please let us know before your test.