

Mannitol Bronchial Challenge *(page 1 of 3)*



What is Mannitol?

Mannitol is a sugar based drug.

It is used as a test to see if you have increased airway sensitivity.

Airway sensitivity can be caused by inflammation, which can make breathing difficult and the chest feel tighter. This is the same as an Asthmatic reaction.

Airway inflammation can be caused by allergens such as; dust, pollen, animal fur, smoke, and other irritants.

Before taking Mannitol

DO NOT take Mannitol if:

- you are allergic to Mannitol or any of the other ingredients, this will be checked upon arrival before you do the test.
- you have/had an aneurysm (weakened blood vessels) around the heart or brain
- you have high blood pressure that is NOT controlled by medication
- you have had a heart attack in the last month
- you have had a stroke in the last 6 months
- you are pregnant.

Possible Side Effects

Most people do not suffer any side effects but the most common include a cough, breathlessness, chest tightness, headache, runny nose or sore throat. Less common side effects are vomiting, diarrhoea, dizziness or itchy eyes.

Things to Avoid on the Day of Testing

- Do not smoke for at least 6 hours before your appointment
- Do not take vigorous exercise on the day of the test
- Do not eat or drink products containing caffeine such as painkillers, chocolate, coffee, tea, cola 24 hours prior to test.
- Do not use any inhalers, nebulisers or antihistamines prior to the test. Please see table for specific withholding times.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Test Procedure

You will be asked to breathe in different amounts of Mannitol through a small inhaler.

After each dose of medication you will be asked to blow into a tube.

People who have sensitive airways will find it harder to blow into the tube as their airways may become narrower.

People who do not have sensitive airways will not notice any difference in breathing.

Once the test has stopped you may be given medication to open up your airways again so that your breathing returns to normal.

Please avoid all agents listed in the table before the test

If you do take anything on this list the test will be cancelled.

<i>Please Avoid all listed items below for Mannitol Test</i>			<i>Withhold Times</i>
Inhalers & Nebulisers	<u>SABA:</u> Usually Blue Inhalers	Salbutamol: Aerolin, Airomir, Asmasal, Salamol, Salbulin, Ventolin, Albutero. Terbutaline: Bricanyl, Bambec.	8 hrs
	<u>SAMA</u> Usually Green Inhalers	Atrovent: Ipratropium Bromide Oxivent: Oxitropium Bromide	8 hrs
	<u>Compound Bronchodilators</u> Grey & Orange or Green Red & White Inhaler White & Green White and Yellow	Combivent: Ipratropium/Salbutamol (6 – 8 hours) Duovent: Fenoterol & Ipratropium (6 – 8 hours) Anoro: Umeclidinium & Vilanterol (24hrs +) Spiolto: Tiotropium & Olodaterol (24hrs) Ultibro: Indacaterol & Glycopyrronium (24hrs)	24 hrs
	<u>LABA</u> Turquoise or Green Inhaler White & Teal Inhaler Yellow & Grey Inhaler White & Blue Inhaler	Formoterol & Formoterol Fumerate (12hrs) Foradil; Atimos; Salmeterol; Serevent (12hrs +) Oxis : Formoterol (17hrs) Striverdi: Olodaterol (18hrs+) Onbrez: Indacaterol Maleate. Vilanterol (24hrs)	24hrs
	<u>LABA/ICS</u> Pink or Red Purple / Lilac Yellow & White inhaler	Fostair or Spiromax: Beclomethasone & Formoterol Symbicort: Budesonide & Formeterol Seretide: Fluticasone & Salmeterol Relvar: Fluticasone Furoate / Vilanterol	24 hrs

<i>Please Avoid all listed items below for Mannitol Test</i>			<i>Withhold Times</i>
	<u>LAMA</u> Green & Grey Inhaler Green & White Inhaler	Spiriva; Respimat or Braltus: Tiotropium Seebri: Glycopyrronium Bromide Eklira: Acclidinium Bromide; Incruse: Umeclidinium	72 hrs
	<u>Triple Therapy inhalers</u> Black with red cap Light grey inhaler	Trimbow: Beclomethasone, Formoterol & Glycopyrronium Trelegy Ellipta: Fluticasone, Vilanterol, Umeclidinium	3 days
Tablets	<u>Oral Bronchodilator</u>	Theophylline: Slo-Phyllin; Uniphyllin Continus; Aminophylline; Phyllocontin Continus. Montelukast: Singulair; Accolate; Pluralair.	4 Days
	<u>Antihistamines</u>	Cetirizine, Fexofenadine, Loratadine Astemizole (long acting oral antihistamine)	3 days 6 weeks
Caffeine	<u>Caffeinated products</u>	Tea, coffee, hot chocolate, energy drinks Chocolate Painkillers (Please check packet, as some painkillers contain caffeine)	24 hrs
Exercise	<u>Vigorous Activity</u>	Please do not do any exertional activity on the day of your test. This is because the body releases chemicals which mimic the action of the investigation, invalidating the test.	On the day