

Test information for patients doing an Aridol[®] (mannitol) challenge test

Aridol[®] (mannitol inhalation powder) is a test that can help your doctor to diagnose and treat asthma.

The active ingredient in Aridol[®] is mannitol which is a naturally occurring sugar which is often used in things like sugar-free chewing gum, so it tastes slightly sweet. The mannitol in Aridol[®] has been manufactured into tiny particles that can be inhaled.

During the Aridol[®] challenge test, you will be asked to inhale increasing doses of mannitol through a small handheld inhaler, and the scientist or technician guiding you will measure your lung function after each dose.

If you have asthma, your airways might become more narrow during an Aridol[®] challenge test which can make it harder to breathe. If this happens, you may be given medication to help.

You may need to stop taking some medications before doing the Aridol[®] challenge test.

Your doctor or healthcare professional will tell you which ones to stop and for how long before the test. Do not stop taking any medication unless you are told to.

Foods and drinks containing caffeine (like coffee, tea, cola and chocolate) can affect the results of the Aridol[®] test, so it is advisable not to have these on the day of the testing (before the test).

Smoking and vigorous exercise can also affect test results so it is advisable not to smoke for at least 6 hours before the test, or to do vigorous exercise on the day of the test (before the test).

The Aridol[®] challenge test can only be performed by a trained healthcare professional who will explain exactly what you need to do during the test so there is no need to memorize the information on this sheet.

Aridol[®] is a very fine powder, and inhaling it may cause you to cough. Doing the following can minimise any irritant cough and help you get through the test comfortably and efficiently;

- **Tilt your head back slightly when you inhale** (to help the mannitol powder go into your lungs rather than hitting the back of your throat and making you cough). Remember “eyes to the sky”.
- **Don't inhale too fast** (even though the Aridol[®] inhaler device looks like an asthma inhaler, you don't inhale it like you would other puffers). Inhale steadily and deeply rather than quickly.
- **You can sip water** during the challenge test which can help you clear your throat, so make sure you have a glass of water handy.



If you have any questions about the **Aridol[®] challenge test** please speak to your doctor or healthcare professional.

**Please see important safety
information on reverse.**



(mannitol inhalation powder)
Bronchial Challenge Test Kit

Important Safety Information

WARNING: This product can cause severe chest tightness making it difficult to breathe

Mannitol, the active ingredient in ARIDOL, can cause the airways to tighten which can make it hard to breathe. Bronchial challenge testing with ARIDOL should only be performed by a trained healthcare professional under the supervision of a physician who understands all aspects of the test and how to manage its potential side effects. Medications and equipment to treat severe chest tightness must be present in the testing area and if severe chest tightness occurs it should be treated immediately by giving an inhaler that opens the airways. Bronchial challenge testing with ARIDOL should not be performed in patients experiencing asthma or those with very poor lung function.

Bronchial challenge testing with ARIDOL will be used only as part of the overall assessment of a patient's airways/asthma.

ARIDOL shouldn't be used in patients who know they are allergic to mannitol (the active ingredient in ARIDOL), or to the gelatin used to make the capsules. The product also shouldn't be used for patients with medical conditions that can be made worse by taking this bronchial challenge test and or its potential side effects. Bronchial challenge testing with ARIDOL should not be performed in children less than 6 years of age.

Some patients may have a reaction to ARIDOL. This won't happen to everyone, but these reactions were experienced by more than 1 in every 100 patients in clinical trials; headache, throat pain/irritation, feeling sick, cough, runny nose, feeling short of breath, chest discomfort, wheezing, retching and dizziness.

This information is not designed to replace the advice of your doctor or healthcare professional. If you have any questions about ARIDOL or the information above please ask your doctor.