

8 hours before test

- **Short Acting Bronchodilators** such as SALBUTAMOL, BRICANYL and VENTOLIN
- **Inhaled Non-Steroidal Anti-Inflammatory Agents** such as SODIUM CROMOGLYCATATE and SODIUM NEDOCROMIL.

If you feel you are too breathless without any of these medications then you must take them but please phone us to say what and you have taken and when and if necessary to rebook your appointment. Thank You.

Please continue to take all other prescribed medication as normal

Results

The results will go to your doctor who will explain them to you at your next clinic visit. **Please note that you may not be given the results on the day of your test.**

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital telephone 01225 825656 or Email ruh-tr.PatientAdviceandLiaisonService@nhs.net

Date of publication: March 2017
Ref: RUH RES/026 v2
© Royal United Hospitals Bath NHS Foundation Trust

Mannitol Challenge Test



What is a Mannitol Challenge Test ?

Mannitol is a naturally occurring sugar which when inhaled in small doses under controlled conditions mimics the body's response to exercise. It changes the fluid balance of your airways which result in an inflammatory response. In people with active asthma there is an over-reaction to Mannitol within the airways.

Why am I having this test?

You have probably been asked to undergo this test to confirm or rule out a diagnosis of asthma. This could be due to the presence of a cough of unknown cause which is often a symptom of asthma.

What does the test involve?

The procedure will be explained to you in detail on the day of the test. You will be asked to inhale increasing amounts of Mannitol and the response of your airways will be measured after each dose by asking you to breathe in as deeply as possible and then blow out as quickly as possible into a machine through a disposable mouthpiece and with your nose sealed with a nose clip.

Please allow 75 minutes for the test appointment.

Before your Test

Before attending please:

- Do not undertake vigorous exercise on the day of the test
- Do not wear any tight clothing that may restrict your breathing
- Do not smoke for at least 6 hours before your test
- Do not eat a heavy meal for 2 hours before your test
- Do not drink coffee, tea, cola drinks or other drinks containing caffeine on the day of the test
- Do not eat chocolate or other foods containing caffeine on the day of the test
- Do not take alcohol for 4 hours before your test.

If you use inhalers or take tablets for your breathing, please **try** not to take the following from:

4 days before test

- **Leukotriene receptor antagonists** such as MONTELUKAST.

3 days before test

- **Very long acting Bronchodilators** such as SPIRIVA.
- **Antihistamines** such as CETIRIZINE, FEXOFENADINE and LORATADINE.

24 hours before test

- **Longer acting Bronchodilators** such as SALMETEROL and FORMOTEROL.
- **Combined Bronchodilator/Corticosteroid inhalers** such as SERETIDE and SYMBICORT.
- **Oral Bronchodilators** such as THEOPHYLLINE.

12 hours before test

- **Inhaled Corticosteroids** such as BECLOMETASONE, BUDESONIDE and FLUTICASONE
- **Anti-cholinergic Bronchodilators** such as IPRATROPIUM BROMIDE (ATROVENT)