



The Rowan Suite

World Class Private Heart & Chest Care

Mannitol Challenge Test

A test to help identify asthma



Information for Patients & Families

This leaflet has been written to provide information about your challenge test. We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical or clinical staff.

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 an allergen. It produces a change in the fluid balance of your airways which causes a response from your airways. A classic example of this is hay fever. In people with active asthma there is an enhanced 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. Asthma can be difficult to diagnose with basic lung function tests. This test is specific in identifying individuals with asthma.

How long will the test take?

Please allow 45 – 60 minutes for your appointment.

What does the test involve?

The procedure will be explained to you in detail on the day of the test. We will check you are happy to proceed with the test. You will be asked to inhale increasing amounts of mannitol through a small inhaler device. The response of your airways will be measured after each dose by asking you to perform a breathing test. For this you will breathe in as deeply as possible and then blow out as quickly as you can into a machine through a disposable mouthpiece and with your nose sealed with a nose clip.

If your airways respond to the mannitol we will give you some of the bronchodilator medication Salbutamol to ensure your airways open back up and return to normal before you leave our department.

Mannitol Inhalation Kit



Spirometer



How should I prepare for my test?

Before attending for your challenge test, please:

- Do not take vigorous exercise for 30 minutes
- Do not wear any tight clothing that may restrict your breathing
- Do not smoke for at least 1 hour
- Do not eat a heavy meal for 2 hours
- Do not take alcohol for 4 hours
- Withhold medications as demonstrated in the table overleaf

Medication withholding times

As this test is for asthma, we want to see the reactivity of your airways. We therefore ask you not to use specific medications or inhalers prior to the test as they may interfere with the results. Please use the table below to see which medications should be withheld, and for how long. Please continue to take all other prescribed medication as normal.

Length of time before test	Generic Name	Brand Name
4 days	Montelukast Sodium Zafirlukast	Singulair Accolate
3 days	Tiotropium Bromide Antihistamine Medication (allergy tablets)	Spiriva- Respimat or HandiHaler Includes: Piriton, Chlorphenamine, Loratidine, Cetirizine,
24 hours	Salmeterol Formoterol Bambuterol Indacaterol Theophylline Aminophylline	Serevent, Seretide foradil, Oxis, Symbicort, Fostair Bambec Onbrez Nuelin SA, Slo-Phyllin, Uniphyllin Continus Phyllocontin Continus
12 hours	Beclometasone Budesonide Ciclesonide Fluticasone Mometasone furoate Ipratropium Bromide	Beclazone, Clenil Modulite, Qvar, Aerobec, Asmabec, Becodisks, Pulvinal Pulmicort Alvesco Flixotide Asmanex Atrovent, Respontin
8 hours	Salbutamol Terbutaline Sodium Cromoglycate Sodium Nedocromil	Salamol, Easibreathe, Ventolin, Airomir, Asmasal, Salbulin Bricanyl Intal Tilade

If you are short of breath or struggling and do take any of these medications or inhalers prior to the test, please contact the Pulmonary Function Department as we may not be able to do the test. If necessary we will rearrange your appointment.

If you have any queries regarding which medication you should or should not take, please contact the Pulmonary Function Department directly. The telephone number for the department is on your appointment letter.

Results

Please note that you will not be given the results on the day of your test. The results will be sent to the consultant who referred you for the test who will discuss them with you when you next attend clinic.

For further information visit:

- www.lhch.nhs.uk

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

<p>إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر (على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.</p>
<p>如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。</p>
<p>ئەگەر ئەم زانیاریانەت بەهەر زماننکی تر یاخود شیوازیکی تر دەویت (بۆ نموونه بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفۆنی 0151 600 1257 پەیوەندیمان پێوە بکە و ناماژە بدە بەر زمانەیی یاخود شیوەییە کە دەتەویت</p>
<p>W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.</p>
<p>Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.</p>