



Advanced Pulmonary & Sleep Diagnostics

# Mannitol Testing

The Mannitol Challenge Test is a key diagnostic tool used to determine if a patient has a respiratory condition, such as asthma.

**Before we can do this test there is some information we need from you, including:**

- Any previous allergic reactions to Mannitol
- History of brain aneurysm, uncontrolled high blood pressure, heart attack or stroke in the past 6months
- Any recent stomach, chest or eye surgery
- If you cough up blood
- Any recent chest infections
- If you are currently pregnant, planning a pregnancy or currently breastfeeding

**If you are currently taking medication, please refer to the table below to decide if you should withhold it before testing and for how long**

Time to Withhold	Medication
6-8 hours	<b>Inhaled Non-Steroidal Anti-Inflammatory Agents</b> e.g. Intalor, Tilade
8 Hours	<b>Short- Acting Beta2 Agonists</b> e.g. Ventolin, Atrovent, Brincanyl, Airomir
12 Hours	<b>Inhaled Corticosteroids</b> e.g. Pulmicort, Alvesco, Flixotide or Qvar
24 Hours	<b>Long Acting Beta2 Agonists</b> e.g. Nevlin, Inhaled Corticosteroids Plus Long-Acting Beta2 Agonists – Seretide, Symbicort.
2 Days	<b>Tiotropium Bromide &amp; Antihistamines</b> e.g. Spiriva, Telfast, Zgrtec, Claratne
4 Days	<b>Leukotriene-Receptor Antagonists</b> e.g. Singulair

*Please let your doctor know if you are taking any other medications, including any that you get without prescription from your pharmacy, supermarket or health food shops.*

**Things to stay away from on day of testing**

- High quantities of coffee, tea, cold drinks, chocolate and other foods containing caffeine
- High intensity exercise
- Please refrain from smoking for at least 6 hours prior to testing

**Performing the test**

1. You will be asked to sit upright while blowing out forcefully into a tube- this is called Spirometry
2. A nose clip will be placed on your nose so you are only breathing through your mouth.
3. After breathing out forcefully you will then be asked to deeply breathe in special inhaler containing Mannitol.
4. You will then hold your breath for 5 sec then take the nose clip off and breathe normally.
5. You will then be asked to blow forcefully into the tube again; this test measures the effect of Mannitol on your lungs.
6. These steps are repeated up to 9 times or until results show your test is now finished.

Once the test is finished you will be given Ventolin to return your breathing back to normal.

**If you are unsure about any part of the test or have any questions please don't hesitate to call us on 1300 292 022**