



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

Aridol 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 memorise 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).
- Don't inhale too fast (even though the Aridol inhaler device looks like an asthma inhaler, you don't inhale it like you would your Ventolin or 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.