

Patient Information

Respiratory Physiology

Mannitol Test

What is a Mannitol test?

Your doctor may have referred you for a bronchial challenge test, also known as Mannitol Challenge. This test helps to identify if you have hypersensitive airways as well as helping to diagnosis asthma.

Sometimes symptoms can be triggered by exercise and include:

- Coughing
- Wheezing.
- Chest tightness.
- Mucus excess.

Preparing for the test

On the day of your appointment:

- Please wear comfortable and unrestrictive clothing.
- **Do not** smoke or have any alcohol.
- **Do not** do any form of exercise.
- **Do not** eat a large meal 2 hours before the test.
- **Do not** drink caffeinated drinks such as tea, coffee, coca cola.
- **To make sure that the test can take place, please make sure you follow the medication guidance in this leaflet.**

During for the test

The test will take approximately 1 hour. The test can sometimes cause a dry cough or slight wheeze, however this is nothing to worry about as these are the symptoms we are looking for to see how your airways react.

- A spirometer will be used to complete a breathing test to assess your lung function. **(see spirometry section as part of lung function).**
- A low concentration dose of Mannitol via an inhaler will then be administered.
- The spirometry test will then be repeated to see how this has affected your airways.
- The process above is then repeated several times to different doses, followed by a spirometry attempt.

Medication Guidance

Please follow the medication guidance on of when to stop taking your inhaler before your lung function test.

Short-acting bronchodilators – Relievers

How long to stop medication before lung function tests.	Drug Name	Brand Name
Stop 8 hours before Inhalers and Nebules	Salbutamol Terbutaline sulphate	Salamol, Ventolin, Airomire Bricanyl
Stop 12 hours before Inhalers and Nebules	Ipratropium bromide	Atrovent

Long-acting bronchodilators – Preventers

How long to stop medication before lung function tests.	Drug Name	Brand Name
Stop 24 hours before Inhaler medication	Formoterol Salmeterol	Oxis, Foradil Serevent
Stop 36 hours before Inhaler medication	Tiotropium bromide Acridinium Bromide Glycopyrronium Bromide Umeclidinium Bromide Olodaterol Indacaterol	Spiriva, Braltus, Zonda Eklira Genuair Seebri Breezhaler Incruse Ellipta Striveri Respimat Onbrez

Long-acting bronchodilators – Preventers – Within Combination Inhalers

How long to stop medication before lung function tests.	Drug Name	Brand Name
Stop 72 hours before Inhaler medication	Formoterol	Duoresp spiromax, Fostair, Flutiform, Symbicort, Fobumix
	Salmeterol	Seretide, Sereflo, Sirdupla, AirFluSal, Combisal
	Tiotropium	Spiolto Respimat
	Acridinium	Duaklir Genuair
	Glycopyrronium	Ultibro Breezhaler, Trimbow
	Umeclidinium	Anoro Ellipta, Trelegy Ellipta
	Olodaterol	Spiolto Respimat
	Indacaterol	Ultibro Breezhaler
	Vilanterol	Anoro Ellipta, Trelegy Ellipta, Relvar Ellipta

Other

Stop 8 hours before Inhaled non-steroidal anti-inflammatory agents	Sodium cromoglycate Nedocromil sodium
Stop 4 days before – anti-histamines	Cetirizine, Fexofenadine, Loratadine
Stop 4 days before Leukotriene receptor antagonists	Montelukast, Zafirlukast
Stop 12 hours before Leukotriene receptor antagonists	Beclomethasone(Qvar/Clenil)