

BRONCHIAL REACTIVITY TEST (MANNITOL)

22 January, 2016

This test is undertaken to help your doctor decide if you have asthma or not. It is also used by various employment agencies to screen for asthma risk. In some instances it may be requested to assess how stable your asthma is using your current medication.

The test involves inhaling a dry powder (mannitol, a sugar) via a dedicated inhaler device.

After each dose, a simple breathing test (spirometry) is undertaken to gauge your response.

If not, a larger dose is given and the process is repeated until a response is seen or the maximum dose has been reached.

Contraindications

The spirometry required by this test may be unsafe for you if you have any of these health problems.

Please either let our staff know before you attend or draw these to the attention of our staff on your arrival at our clinic.

- Haemoptysis (coughing up blood)
- Unstable heart conditions, such as recurring angina, recent heart attack, or blood clot on your lung (pulmonary embolus)
- Thoracic, abdominal or cerebral aneurysm
- Recent eye surgery, eg for cataracts
- Recent thoracic or abdominal surgery

Patient Preparation

Medication withholding

The following should be withheld before undergoing a mannitol challenge test:

Time to Withhold

6-8 hours

8 hours

12 hours

Medication

Intal, Tilade

Ventolin, Bricanyl

Qvar, Becloforte, Becotide, Pulmicort, Flixotide

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