

KEEP OUT OF REACH OF CHILDREN
TO BE USED UNDER THE SUPERVISION OF A SUITABLY TRAINED PROFESSIONAL

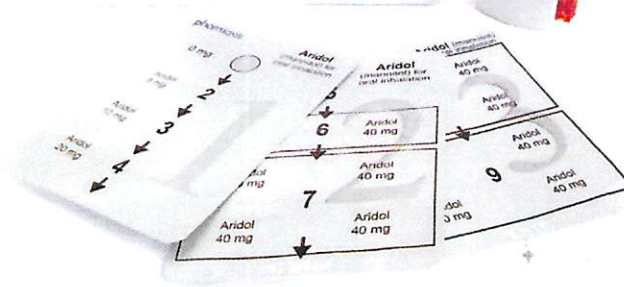


Mannitol capsules for oral inhalation

Complete kit for one challenge test to measure airway hyperresponsiveness.

Contents	Capsules	10 mg - 1 capsule
Device	0 mg - 1 capsule	20 mg - 1 capsule
	8 mg - 1 capsule	40 mg - 10 capsules

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What is Aridol®?

Aridol is a test that will assist your doctor in determining whether you have asthma or not.

The active ingredient, mannitol, is a naturally occurring sugar found in fruit. It is also used to make sugar free chewing gum and often added to other products as a low calorie sweetener.

The mannitol contained in Aridol has been specially spray dried to form small particles which may be inhaled.

The instructions on the following pages are intended to explain to you what is involved in the test, and tips to assist in a successful Aridol Challenge.

If you are taking medicines to treat your asthma or allergies, you may need to stop taking these before the test.

These medicines may affect your body's response to Aridol. Your doctor will tell you which medicine(s) to stop and for how long before the test.

You may also refer to the medications withholding chart on the last page of this pamphlet.

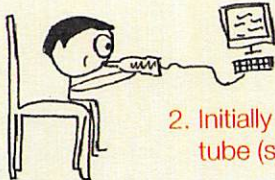
**Please note: You do NOT have to memorise the test steps.
The technician will guide you.**

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Performing the test:



1. You will be asked to sit comfortably on a chair.



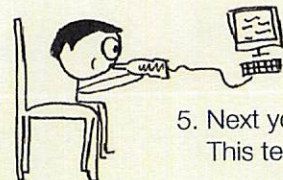
2. Initially you will be asked to blow forcefully into a tube (spirometry test).



3. After breathing out fully, you will be asked to deeply breathe in the Aridol medicine using a special inhaler (LOOK up to the ceiling!).



4. You will then hold your breath for a few seconds before breathing out (AWAY from the inhaler).



5. Next you will be asked to blow forcefully into the tube again. This test measures the effect of Aridol on your lungs.



6. Steps 2 - 5 may be repeated with more and more Aridol depending on the effect on your lungs (as measured in step 5), until the test is finished (maximum 9 times).

Tips for great technique:

1

TILT your head back and look up at the ceiling.

This will help the medicine get into your lungs and NOT the back of your throat.

2

Inhale at an EVEN, STEADY rate.

Inhaling the Mannitol too quickly will increase the chance of cough. You may find sipping the water throughout the challenge will increase your level of comfort, so have some water handy.

3

Do NOT EXHALE into the inhaler device.

This can cause moisture to build up in the inhaler and cause the capsules to start sticking. This could delay the test which is time sensitive.

4

Don't worry, be happy!

You are in very good care. The Aridol test must only be performed by trained health care professionals. You will be guided through the test and do not need to memorise the steps in this leaflet.

Patient Medication Withholding Chart

The following should be withheld before undergoing an Aridol[®] (mannitol) challenge test:

Medicines: Recommended periods for withholding medicines before the Aridol[®] test are as follows:

Time to Withhold	Medication
6-8 hours	INHALED NON-STEROIDAL ANTI-INFLAMMATORY AGENTS e.g. sodium cromoglycate (Intal [®]), nedocromil sodium (Tilade [®])
8 hours	SHORT ACTING BETA ₂ AGONISTS e.g. salbutamol (Ventolin [®]), terbutaline (Bricanyl [®])
12 hours	INHALED CORTICOSTEROIDS e.g. beclomethasone dipropionate (Qvar [®] , Becloforte [®] , Becotide [®]); budesonide (Pulmicort [®]); fluticasone propionate (Flixotide [®])
12 hours	IPRATROPIUM BROMIDE (Atrovent [®])
24 hours	INHALED CORTICOSTEROIDS PLUS LONG-ACTING BETA ₂ AGONISTS e.g. fluticasone and salmeterol (Seretide [®]); budesonide and eformoterol (Symbicort [®])
24 hours	LONG ACTING BETA ₂ AGONISTS e.g. salmeterol (Serevent [®]); eformoterol (Foradile [®] or Oxis [®])
24 hours	THEOPHYLLINE (Nuelin [®])
72 hours	TIOTROPIUM BROMIDE (Spiriva [®])
72 hours	ANTIHISTAMINES e.g. cetirizine (Zyrtec [®]); fexofenadine (Telfast [®]) and loratadine (Claratyne [®])
4 days	LEUKOTRIENE-RECEPTOR ANTAGONISTS e.g. montelukast sodium (Singulair [®])

Foods: Ingestion of significant quantities of coffee, tea, cola drinks, chocolate or other food containing caffeine may affect test results. These substances should be withheld on the day of the test (prior to testing).

Exercise: Vigorous exercise should not be performed prior to testing on the day of the test.

Smoking: Patients should refrain from smoking for at least 6 hours prior to testing.