aridol™
MANNITOL

Patient Medication Withholding Chart

The following may decrease bronchial hyperresponsiveness and should be withheld prior to taking an Aridol™ (mannitol) test.[1]

Withholding Time	Medication
6 – 8 hours	**Inhaled Nonsteroidal Anti-Inflammatory Agents:** e.g. sodium cromoglycate (Intal®); nedocromil sodium (Tilade®)
8 hours	**Short-Acting Beta 2 Agonists** e.g. salbutamol (Ventolin®); terbutaline sulfate (Bricanyl®)
12 hours	**Inhaled Corticosteroids** e.g. beclomethasone dipropionate (Qvar®); budesonide (Pulmicort®); fluticasone propionate (Flixotide®)
	Anticholinergic Bronchodilators e.g. ipratropium bromide (Atrovent®)
24 hours	**Inhaled Corticosteroids and Long-Acting Beta 2 Agonist Combination Products** e.g. fluticasone and salmeterol (Seretide®); budesonide and eformoterol (Symbicort®)
	Long-Acting Beta 2 Agonists e.g. salmeterol xinafoate (Serevent®); eformoterol fumarate (Foradile® or Oxis®)
	Phosphodiesterase Inhibitors / Adenosine Receptors e.g. theophylline (Nuelin®)
72 hours	**Long Acting Anticholinergics** e.g. tiotropium bromide (Spiriva®)
	Antihistamines: Over-the-Counter & Prescription e.g. brompheniramine maleate (Dimetapp®); diphenhydramine (Benadryl®); loratadine (Claratyne®); cetirizine (Zyrtec®); fexofenadine (Telfast®); levocetirizine dihydrochloride (Xyzal®)
4 days	**Leukotriene-Receptor Antagonists** e.g. montelukast sodium (Singulair®)

The information contained in this sheet is not designed to replace the advice of your doctor/healthcare professional (HCP). Please consult your HCP.

Other Special Patient Instructions *(optional)*:

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).[1]

Exercise: Vigorous exercise should not be performed prior to testing on the day of the test.[1]

Smoking: Patients should refrain from smoking for at least 6 hours prior to testing.[1]

The drug names provided are illustrative and may not include all drugs within a category. Please discuss with your healthcare professional.

Withholding times for different therapeutic products vary according to the half-life of the active ingredient(s). In the absence of a specific recommendation for a product, a withholding time equivalent to five half-lives of the active ingredient(s) should be used. Withholding periods are a recommendation[1] and may be varied at the clinician's discretion.