aridol®
(mannitol inhalation powder)

Patient Medication Withholding Chart

The following medications may decrease bronchial hyperresponsiveness and should be withheld prior to taking an Aridol® challenge test. These times are minimum recommendations only and withholding of drugs for only the minimum time may still affect the results of the Aridol® challenge. Recommended periods for withholding medications are generally based on their duration of action.

Minimum Time to Withhold	Medication
6-8 hours	**INHALED NON-STEROIDAL ANTI-INFLAMMATORY AGENTS** e.g. cromolyn sodium, nedocromil sodium
8 hours	**SHORT-ACTING BETA$_2$ AGONISTS** e.g. salbutamol, terbutaline
12 hours	**INHALED CORTICOSTEROIDS** e.g. beclomethasone; budesonide, ciclesonide, fluticasone, mometasone
12 hours	**SHORT-ACTING MUSCARINIC ANTAGONISTS** e.g. ipratropium bromide
36 hours	**INHALED CORTICOSTEROIDS PLUS LONG-ACTING BETA$_2$ AGONISTS** e.g. fluticasone and salmeterol
36 hours	**LONG-ACTING BETA$_2$ AGONISTS** e.g. salmeterol; formoterol, vilanterol
24 hours	**XANTHINES** e.g. theophylline, oxtriphylline
72 hours	**LONG-ACTING MUSCARINIC ANTAGONIST** e.g. aclidinium, glycopyrronium, tiotropium and umeclidinium
72 hours	**ANTIHISTAMINES** e.g. cetirizine, desloratatdine, fexofenadine, loratadine
4 days	**LEUKOTRIENE-RECEPTOR ANTAGONISTS** e.g. montelukast sodium, zafirlukast

Aridol with food and drink: Do not drink coffee, tea or cola, eat chocolate or any other foods containing caffeine 12 hours before the test.

Exercise: Vigorous exercise should be avoided 12 hours before the test.

Smoking: It is recommended that you do not smoke for at least 6 hours before the test.

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

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Important Safety Information

Serious Warnings and Precautions

WARNING: RISK OF SEVERE BRONCHOSPASM: Mannitol, the active ingredient in Aridol, acts as bronchoconstrictor and may cause severe bronchospasm (a sudden narrowing of the airway).

Bronchial challenge testing with Aridol:

- is for diagnostic purposes only
- should only be given to you or your child by trained healthcare professionals under the supervision of a doctor who is familiar:
  - with all aspects of the challenge test
  - with the management of severe bronchospasm. The healthcare professional performing the test must have medications and equipment to treat severe bronchospasms in the testing area.

You or your child should not take this test if you or your child has asthma or have very low baseline pulmonary function test results. Your healthcare professional will do a test to check your lung function before giving you or your child Aridol.

ARIDOL (mannitol inhalation powder), is indicated for the assessment of bronchial hyperresponsiveness in patients 6 years and over who do not have clinically apparent asthma. ARIDOL is not a standalone test or a screening test for asthma. Bronchial challenge testing with ARIDOL should be used only as part of a physician's overall assessment of asthma.

Aridol is contraindicated in patients who are hypersensitive to this drug or to any ingredient in the formulation, including any non-medicinal ingredient, or component of the container. The product is also contraindicated for patients with conditions that may be compromised by induced bronchospasm or repeated spirometry manoeuvres. General precautions when conducting spirometry and bronchial challenge testing should be observed, including using caution in patients with severe cough, ventilatory impairment, spirometry induced bronchoconstriction, haemoptysis of unknown origin, pneumothorax, recent abdominal or thoracic surgery, recent intraocular surgery, unstable angina or upper or lower respiratory tract infection. The most common adverse reactions (rate ≥1%) were headache, oropharyngeal pain, throat irritation, nausea, cough, rhinorrhea, dyspnea, and chest discomfort.

Please see the complete prescribing information accompanying this piece or consult the Product Monograph which is available for download at www.aridolchallenge.ca or on request by calling Methapharm Medical Information at 1-800-287-7686 | 519-751-3602 ext. 7804 or faxing at 519-751-9149. You can report any suspected side effects associated with the use of health products to Health Canada by visiting the web page on adverse reaction reporting https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/adverse-reaction-reporting.html. For information on how to report online, by mail or by fax call toll-free 1-866-234-2345. This information is provided as a professional courtesy, and it is intended to provide data available to us that may assist you in deriving your own conclusions and opinions. This information is not intended to advocate any indications, dosage, or other claim that is not described in the Product Monograph.

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