



# Test information for patients doing an Aridol® (mannitol) challenge test

Aridol® (mannitol inhalation powder) is a test that can help your doctor to diagnose and treat asthma.

The active ingredient in Aridol® is mannitol which is a naturally occurring sugar which is often used in things like sugar-free chewing gum, so it tastes slightly sweet. The mannitol in Aridol® has been manufactured into tiny particles that can be inhaled.

During the Aridol® challenge test, you will be asked to inhale increasing doses of mannitol through a small handheld inhaler, and the scientist or technician guiding you will measure your lung function after each dose.

If you have asthma, your airways might become more narrow during an Aridol® challenge test which can make it harder to breathe. If this happens, you may be given medication to help.

You may need to stop taking some medications before doing the Aridol® challenge test.

Your doctor or healthcare professional will tell you which ones to stop and for how long before the test. Do not stop taking any medication unless you are told to.

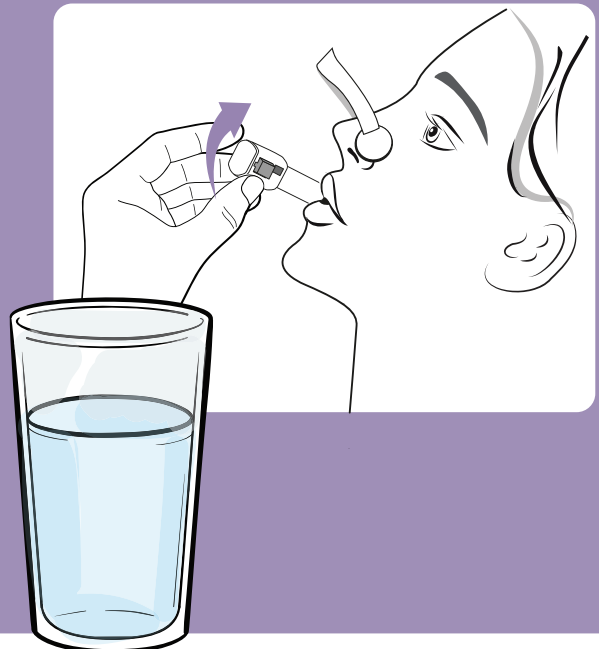
Foods and drinks containing caffeine (like coffee, tea, cola and chocolate) can affect the results of the Aridol® test, so it is advisable not to have these on the day of the testing (before the test).

Smoking and vigorous exercise can also affect test results so it is advisable not to smoke for at least 6 hours before the test, or to do vigorous exercise on the day of the test (before the test).

The Aridol® challenge test can only be performed by a trained healthcare professional who will explain exactly what you need to do during the test so there is no need to memorize the information on this sheet.

Aridol® is a very fine powder, and inhaling it may cause you to cough. Doing the following can minimise any irritant cough and help you get through the test comfortably and efficiently;

- **Tilt your head back slightly when you inhale** (to help the mannitol powder go into your lungs rather than hitting the back of your throat and making you cough). Remember “eyes to the sky”.
- **Don't inhale too fast** (even though the Aridol® inhaler device looks like an asthma inhaler, you don't inhale it like you would other puffers). Inhale steadily and deeply rather than quickly.
- **You can sip water** during the challenge test which can help you clear your throat, so make sure you have a glass of water handy.



If you have any questions about the Aridol® challenge test please speak to your doctor or healthcare professional.

**Please see important safety information on reverse.**



# 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  $\geq 1\%$ ) 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](http://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.