Test information for patients
What is in this leaflet?

This leaflet answers some common questions about Aridol. It does not contain all the available information. It does not take the place of talking to your doctor or healthcare professional.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking an Aridol test against the benefits they expect it will have for you.

If you have any concerns about taking an Aridol test, ask your doctor.

What Aridol is used for

Aridol is a test that may be ordered for you if your doctor thinks you might have asthma and contains the active ingredient mannitol.

Asthma is a condition causing inflammation of the airways, making it difficult to breathe sometimes. People with asthma are often very susceptible to factors in the environment such as exercise, dust, smoke and other irritants.

Your doctor or another specifically trained healthcare professional will ask you to breathe in Aridol, using a small inhaler.

- For people who do have asthma, their airways will become narrower and so they may find it harder to breathe.
- People who do not have asthma will not experience their airways becoming narrower when breathing in Aridol. They will still be able to breathe normally.

As part of the test, you will be asked to blow into a tube that will measure the effect of Aridol on your lungs.

Ask your doctor if you have any questions about why an Aridol test has been ordered for you.
Before you take the Aridol test

Do not take an Aridol test:

· if you are **allergic to mannitol** (some of the symptoms of an allergic reaction to a medicine may include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin);

· if you now have or used to have a swollen or weakened blood vessel around the heart or brain (**aneurysm**);

· if you have **high blood pressure** which is not controlled by medicine;

· if you have had a **heart attack** in the last 6 months;

· if you have had a **stroke** in the last 6 months.

If you are not sure whether you should do the Aridol test, talk to your doctor.
Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor:
- if your lung capacity is reduced (this will be measured prior to the test);
- if you have previously experienced difficulty in breathing, or have wheezed or coughed during a spirometry test (blowing into a measuring instrument);
- if you are coughing up blood;
- if you have air in the pleural space between the chest wall and the lungs, causing chest pain and shortness of breath (pneumothorax);
- if you have recently had stomach, chest or eye surgery;
- if you experience chest pain (angina pectoris);
- if you have problems performing the spirometry test (the person doing the test will tell you);
- if you have had an infection of the airways in the last 2 weeks.

Your doctor may want to take special precautions or delay the test if you have any of these conditions.

Tell your doctor if you are pregnant or plan to become pregnant. Aridol is not recommended during pregnancy.

Tell your doctor if you are breast-feeding or plan to breast-feed. It is not known if Aridol passes into the breast milk.

If you have not told your doctor about any of the above, tell him/her before you do the Aridol test.
Taking other medicines

Tell your doctor or healthcare professional if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

If you are taking medicines to treat 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 (usually between 6 hours and 4 days before the test).

Do not drink coffee, tea or cola, eat chocolate or any other foods containing caffeine on the day of the test, before the test is done.

Do not take vigorous exercise on the day of the test, especially before the test is done.

Do not smoke for at least 6 hours before the test.

If you experience an asthma attack (breathlessness, wheezing and/or cough) during the spirometry test, before or during the Aridol test, you may be given a medicine to keep your air passages open and the test will be stopped.

Do not take Aridol on your own. Aridol is only to be given by trained professionals familiar with the use of similar tests and their possible effects.

Children under the age of 6 should not be given an Aridol test.
Taking the Aridol test

You will be given Aridol via a small hand-held inhaler by a doctor or another specially trained healthcare professional who will be with you throughout the test. You will not be left on your own.

You must not put Aridol capsules in your mouth or swallow them.

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. A nose clip will then be put on your nose so you will only be able to breathe in and out of your mouth.
4. After breathing out fully, you will be asked to deeply breathe in the Aridol using a special inhaler.
5. You will then hold your breath for five seconds before breathing out.
6. The nose clip will be removed and you will be asked to breathe normally.
7. Next you will be asked to blow forcefully into the tube again. This test measures the effect of Aridol on your lungs.
8 Steps 3-7 may be repeated up to 9 times with more and more Aridol depending on the effect on your lungs (as measured in step 7), until the test is finished.

9 Once the test has finished you may be given a medicine to help you breathe.

If you are unsure about any part of the test, or have questions, please talk to the doctor or other specially trained healthcare professional performing the test.

As you are inhaling powder and blowing out forcefully during an Aridol test some side-effects like a cough, discomfort when swallowing and headache may occur. You can be given sips of water during the challenge test which may help with the cough/throat discomfort and any headache should subside after you have finished the test.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some side effects. Please ask your doctor if you want more information about possible side effects of this test.

It is important that you tell your doctor or healthcare professional if you do not feel well during or after an Aridol test.

Doctor / contact details in case of emergency: