**PATIENT INSTRUCTIONS FOR A MANNITOL BRONCHOCHALLENGE**

An appointment has been made for you to attend the Tasmanian Lung Centre for a mannitol challenge.

**Instructions for Patient**

**Start 4 days prior (count-down)**

***Unless otherwise directed by your doctor, withhold medications as below:***

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| **4 days prior** | **STOP** Singulair (montelukast sodium) |
| **3 days prior** | **STOP** Antihistamines (*eg* Telfast, Claratyne, Zyrtec), COPD medications (Spiriva, Seebri, Onbrez, Incruse, Bretaris, Trelegy, Spiolto, Brimica, Ultibro, Anoro) and oral steroids (prednisolone, dexamethasone) |
| **48 hours prior** | **STOP** Nuelin, Flixotide, Pulmicort, Qvar, Alvesco, Symbicort, Seretide, Flutiform, Breo |
| **24 hours prior** | **STOP** Oxis, Serevent, Onbrez |
| **8 hours prior** | **STOP** Ventolin, Asmol, Bricanyl, Airomir, Atrovent, Tilade and Intal and other relievers for 8 hours prior unless urgently required |
| **6 hours prior** | Do not consume alcohol, caffeine, smoke or exercise strenuously |
| **2 hours prior** | Do not eat a large meal within 2 hours of testing |

***Please do not wear restrictive clothing.***