

# TEXAS REGIONAL ASTHMA AND ALLERGY CENTER, L.L.P.

*Board Certified specialists in allergy, asthma, immunology, and respiratory disorders*

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WEBSITE: [www.traac.org](http://www.traac.org)

Dear Patient,

You have been scheduled for a Mannitol (Aridol) Challenge Test (also known as a Bronchial Provocation Test) on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Doctor: \_\_\_\_\_

If you are unable to make this appointment for any reason, please call and cancel this procedure at least 24 hours prior to your appointment.

Please follow these guidelines to ensure accurate testing:

1. **NO STEROIDS** for 7 days prior to testing
2. **NO ANTIHISTAMINES** i.e Benadryl, Claritin, Clarinex, Zyrtec, Allergra, Xyzal, etc. for 4 days prior to testing
3. **NO LEUKOTRIENE BLOCKERS**, i.e. Singulair, Accolate, Zyflo, for 4 days prior to testing
4. **NO ORAL (PILLS) OR INHALED BRONCHODILATORS**. These include Theodur, Unidur, For 3 days prior to testing.
5. **NO INHALED CORTICOSTEROIDS PLUS LONG-ACTING BETA2 AGONISTS**, i.e. Advair, Symbicort, Dulera, Airduo, Breo for 36 hours prior to testing.
6. **NO LONG ACTING BETA2 AGONIST**, i.e. Arcapta, Serevent, Striverdi, Performist for 36 hours prior to testing.
7. **NO INHALED CORTICOSTEROIDS** i.e. Flovent, Asmanex, Pulmicort, Alvesco, Qvar, for 12 hours prior to testing
8. **NO LONG ACTING ANTICHOLINERGICS** i.e. Spiriva, Tudorza, Incruse, Seebri, Yupelri for 48 hours prior to testing.
9. **NO SHORT ACTING ANTICHOLINERGICS** I.E. Atrovent & Combivent for 12 hours prior to testing.
10. **NO LONG ACTING BETA 2 – AGONIST & LONG ACTING MUSCARINIC ANTAGONIST (COMBINATION)** i.e. Anoro, Bevespi, Stiolto, Utibron for 48 hours prior to testing.
11. **NO IPRATROPIUM BROMIDE**, i.e. Atrovent, DuoNeb, for 12 hours prior to testing.
12. **NO SHORT ACTING BETA2 AGONIST**, i.e. Albuterol (ProAir, Proventil, Ventolin), Levoalbuterol (Xopenex) for 8 hours prior to testing. This includes nebulized medications.
13. **NO CAFFEINE** the day of the test, i.e. coffee, tea, cola and chocolate.
14. **NO SMOKING** the day of the test
15. **NASAL SPRAYS** are OK.

Failure to withhold medications may affect the results of the Mannitol (Aridol) challenge. Wear comfortable clothing and try to be here about 15 minutes before your scheduled test time. The test takes about 1 to 1 ½ hours to complete.

If you have any questions please don't hesitate to call and ask. Follow-up appointments with your physician will be scheduled for that same day if possible (dependent on the test) or that week.