Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Mannitol (Oral Inhalation

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Aridol; Bronchitol; Bronchitol Tolerance Test

Brand Names: Canada

Aridol

Warning

For an asthma test:

- This drug is for breathing in during an asthma test. It is not for treating asthma. Severe breathing problems can happen with this drug. You will be closely watched by your doctor. If you have asthma or low lung function tests, talk with your doctor. This drug may not be right for you.

What is this drug used for?

- It is used during an asthma test.
- It is used to help with lung function in people with cystic fibrosis.

What do I need to tell my doctor BEFORE I take this drug?

For all uses of this drug:

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.

For cystic fibrosis:

- If you have not taken the Bronchitol tolerance test (BTT) or if you did not pass it.

For an asthma test:

- If you have ever had any of these health problems: Aneurysm, bleeding in the brain or stroke, heart attack, or high blood pressure.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

For all uses of this drug:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

For cystic fibrosis:

- Call your doctor right away if your breathing problems get worse, if your rescue inhaler (quick relief inhaler) does not work as well, or if you need to use your rescue inhaler more often.

For an asthma test:

- You will need to avoid caffeine, certain drugs, smoking, and exercise for some time before your test. Follow what your doctor has told you to do. If you have questions, talk with your doctor.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

For all uses of this drug:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

For cystic fibrosis:

- Coughing up blood is common with this drug but may be severe. Call your doctor if you cough up blood. Seek medical care right away if you cough up a lot of blood.
- This drug can cause very bad breathing problems right after you take a dose. Sometimes, this may be life-threatening. If you have trouble breathing, breathing that is worse, wheezing, or coughing after using this drug, use a rescue inhaler (quick relief inhaler) and get medical help right away.

For an asthma test:

- Trouble breathing that is new or worse.
- Cough.
- Whistling sound when you breathe.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

For cystic fibrosis:

- Cough.
- Mouth or throat pain or irritation.
- Throwing up.
- Mild fever.
- Joint pain.

For an asthma test:

- Headache.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

For all uses of this drug:

- **Do not swallow capsule. The contents of the capsule will be breathed into the lungs.**
- Only use the device that comes with this drug. Do not use any other devices.

For cystic fibrosis:

- If you will be using this drug at home, your doctor or nurse will teach you how to use it.
- You will need to use a short-acting inhaler 5 to 15 minutes before each dose of this drug unless your doctor has told you otherwise.
- Keep using this drug as you have been told by your doctor or other health care provider, even if you feel well.
- Use this drug at the same time of day.
- Wash your hands before use.
- Be sure your hands are dry before you touch this drug.
- Take the capsule out of the foil right before use.
- Be sure you know where to put the capsule in the inhaler. Do not leave a used capsule in the inhaler.
- Do not breathe out into the inhaler. Put the cap back on after you use your dose.
- Take your last dose of the day at least 2 hours before bedtime.
- If you are using more than 1 inhaled drug, ask the doctor which drug to use first.
- Do not take the inhaler apart.
- If you need to wash the inhaler, let it air dry before use. After 7 days of use,

throw away the inhaler and use a new one.

What do I do if I miss a dose?

For cystic fibrosis:

- Use a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not use 2 doses at the same time or extra doses.
- If you are not sure what to do if you miss a dose, call your doctor.

For an asthma test:

- This drug will be given in a health care setting.

How do I store and/or throw out this drug?

For cystic fibrosis:

- Store at room temperature. Do not refrigerate or freeze.
- Protect from heat.
- Store in a dry place. Do not store in a bathroom.
- Do not store capsules in the inhaler.

For an asthma test:

- If you need to store this drug at home, talk with your doctor, nurse, or pharmacist about how to store it.

For all uses of this drug:

- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug

take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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