

### FeNO test | Asthma + Lung UK (asthmaandlung.org.uk)

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/tests/feno-test#how-to-prepare-for-you-feno-test>

### NHS Accelerated Access Collaborative » Fractional Exhaled Nitric Oxide (FeNO) (england.nhs.uk)

<http://www.england.nhs.uk/aac/what-we-do/innovation-for-healthcare-inequalities-programme/rapid-uptake-products/fractional-exhaled-nitric-oxide/>

## Contact details

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[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)

# Fractional exhaled Nitric Oxide (FeNO)

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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As part of your assessment today, the nurse may ask you to perform a Fractional exhaled Nitric Oxide (FeNO) test. This will be discussed during your appointment.

### What is FeNO testing?

A FeNO test is a breath test that measures the levels of nitric oxide in your breath. This is a safe and easy test to do. The results can be used alongside your symptoms and clinical examination, to help make a diagnosis. A high reading can be a sign that you have inflammation in your airways. It can also help to give an idea, of how well controlled someone's asthma is.

The test is very simple and can be performed alongside other breathing tests in clinic. The nurse will discuss these with you. They may include spirometry, reversibility testing and sometimes keeping a peak flow diary. These all give an idea of how well the lungs are working.

### How the test is performed?

A FeNO test is done using a hand-held monitor with a mouthpiece. You will be asked to take a big breath in, and then gently blow out slowly and steadily for 10 seconds, or until your lungs are empty.

The result can be seen on the monitor as soon as the test is completed.

### Before attending the clinic

Please avoid exerting yourself or performing exercise for at least 1 hour before your appointment.

Avoid smoking for at least 1 hour before the test.

Avoid drinking hot drinks, drinks containing caffeine and alcohol for at least 1 hour before the test.

Avoid nitrate rich foods (e.g. green leafy vegetables, celery, beetroot, lettuce, bacon and spinach) for at least 3 hours before the test.

You can take your regular medication as normal.

### Exclusion criteria for performing FeNO testing

You cannot have a FeNO test performed on the day, if you have a viral infection such as covid, flu or cold, or a chest infection. The team will ring you the day before your appointment, to check that you are well enough to attend clinic.