

## FRACTIONAL EXHALED NITRIC OXIDE (FeNO) TEST

### What is a FeNO test?

- Your airway tubes can become inflamed in asthma, and this produces a chemical called nitric oxide.
- The FeNO test measures how much nitric oxide is in your breath when you breathe out and helps us understand how much inflammation you have in your lungs.
- The test may help to diagnose asthma or to see how well treatments are working.
- FeNO can be high for other reasons (e.g., hay fever) and is not high in all types of asthma.



### What should I avoid prior to the test?

Several things can affect the results of the FeNO test.

- 24 hours before - Avoid alcohol consumption.
- 12 hours before - Avoid smoking.
- 12 hours before – Avoid foods high in nitrates such as rocket, green beans, spinach, leek, lettuce, spring onion, radish, cucumber, carrot, beetroot, Chinese cabbage, potato, turnips, garlic, cabbage, sweet pepper, green pepper.
- 6 hours before - Do not use your preventer inhaler (containing inhaled steroid)
- 1 hour before - Avoid eating, exercise and using your inhalers.

### What happens during a FeNO test?

- You can sit down for the test and first you will be asked to take a deep breath in with your mouth open then breathe out slowly and steadily into the mouthpiece for about 10 seconds.
- The test is easy to do but you may need to do it more than once to get a result.
- The test usually takes less than 5 minutes to perform.



### What happens after a FeNO test?

After your test the results will be interpreted by one of our clinicians. We will then be in contact with you with the results within a few weeks.