

FRACTIONAL EXHALED NITRIC OXIDE (FeNO) for LOWER AIRWAYS

This assessment measures whether allergic asthmatic inflammation is present in your airways and, if present, its extent. This is particularly useful in helping to make a diagnosis in patients whose symptoms are suggestive of asthma and, in monitoring a patient's response to asthma treatment.

This is a very simple test where a sample of your exhaled breath is collected and analysed for the level of nitric oxide, a naturally occurring marker of lower airway inflammation.

Patient Preparation

Medication Withholding

Please continue to take all your respiratory medications as usual unless you have specifically been requested to withhold.

Cigarette Smoking

If you are a cigarette smoker, please avoid smoking for at least 1 hour prior to your test.

Food and Beverages

Where possible, please refrain from eating and drinking for 1 hour prior to your test.

In particular, avoid eating any green-leafy items, bacon, salami or any other processed meats for at least 24 hours prior to your time of testing.

Strenuous Exercise

Please avoid vigorous or strenuous exercise for 1 hour prior to your test.

Hayfever

If you have been experiencing severe hay fever in the days before the test or on the day of the test please ring to let us know so we can decide if we should proceed with testing or not.

Typical Test Time

20 minutes

Questions

If you have any questions, please do not hesitate to contact The Lung Health Clinic.