

## **NASAL FRACTIONAL EXHALED NITRIC OXIDE (NASAL FeNO)**

The measurement of nasal fractional exhaled nitric oxide (NO) is useful for the diagnosis of immotile cilia in individuals who have bronchiectasis or who are suspected of having bronchiectasis. The sinuses are a major source of NO and the test captures the NO from the nose as a method of sampling Sinus NO. .

Measurement of nasal NO in air aspirated from the nasal cavity is decreased in patients with PCD (Primary Ciliary Dyskinesia)

This is a very simple and relatively innocuous test where a sample of the aspirated air from your nasal cavity is collected and analysed for the level of NO. In patients with poorly functioning cilia the Nasal NO is low. It is possible that other disease states may impact on Nasal NO but this remains to be determined.

### **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

Please refrain from eating and drinking for 1 hour prior to your test in conjunction with avoiding a meal consisting of green-leafy vegetables, bacon, salami or any other processed meats for 24 hours before your test

#### Strenuous Exercise

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

#### Hayfever, Acute Sinusitis or Nasal Obstruction

If you have been experiencing severe hay fever, acute sinusitis or nasal obstruction 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**

30 minutes

### **Questions**

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