

Fractional exhaled nitric oxide (FeNO) Test



Working with you to manage your asthma

Before your appointment with the asthma team you will be invited to attend for some breathing tests for us to see how well your lungs are working. One of these tests is called a 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 do before the test?

Several things can affect the results of the FeNO test.

- Avoid strenuous exercise for at least an hour before your test.
- Hot drinks, caffeine and alcohol should be avoided for at least an hour before your test.
- Leafy green vegetables and beetroot contain nitrates and should be avoided on the day of your test.
- Please try to avoid smoking on the day of your test. If you have smoked please tell us.

What happens during a FeNO test?

- You can sit down for the test and first you will be asked to take a deep breathe 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 do the results mean?

- The result will be shown as a number on the screen.
- High levels (above 25) suggest you may have inflammation in your airways.
- This is used with the results of your other tests and your review in the asthma clinic to help confirm a diagnosis of asthma or to understand how well your treatments are working.
- There are different types of asthma and you can still have asthma if your FeNO level is not high. By understanding what type of asthma you have we can make sure you have the right treatment.

We look forward to seeing you in the asthma clinic.