

Patient information

Fractional Exhaled Nitric Oxide (FeNO) Test

Cardiorespiratory Department

Your Consultant / Doctor has advised you to have a (FeNO) test

What is Fractional Exhaled Nitric Oxide(FeNO) test?

Patients with allergic airway inflammation generally have higher than normal levels of nitric oxide (NO) in their exhaled breath. By measuring the concentration of NO in exhaled breath (fractional exhaled nitric oxide or FeNO), clinicians can identify inflammation in the lungs. The test requires you to take a full inspiration then slowly exhale the breath into a sensor that will measure the air you exhale. This is not a forced effort.

What are the benefits of having a FeNO test?

The intended benefit of having this test is that it will provide detailed information about how your lungs are working and give us information about the cause of your illness, as well as how to manage it.

What are the risks of having a FeNO test?

This is a very safe test. There are no risks associated with performing this test.

Are there any alternative treatments available?

To obtain the information required from this test there are no alternative treatments available.

What will happen if I decide not to have treatment?

Your level of service will not be affected if you decide not to have the test. However, your doctor/consultant will not be able to obtain the necessary information that would have been gathered from performing the test.

Getting ready for your test please:

- do not eat more than a light snack within two hours of the test
- do not eat large green leafy vegetables within two hours of the test
- do not smoke for 24 hours before your test
- do not drink alcohol for at least six hours before the test
- avoid vigorous exercise for at least 30 minutes before the test.

- do not stop taking any of your medications unless your doctor has told you to do so. Please bring all medications/information regarding your medications with you, specifically regarding medication for your breathing, forms of inflammation and Rhinitis/nasal medications.

Further Appointments

There will be no further appointments for this test. However, your results will be discussed at your next clinic appointment.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information:

Cardiorespiratory Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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