



THE THREE SHIRES MEDICAL PRACTICE

Coleerne, Marshfield, Pucklechurch and Wick Surgeries

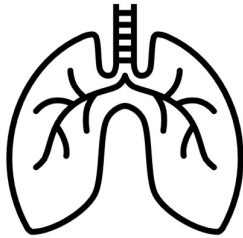
Dr Richard Greenway
Dr Richard Prince
Dr Pedro Pinto
Dr Keira Prince
Dr Dana Parr

Coleerne Surgery Tel: (01225) 742028
Marshfield Surgery Tel: (01225) 891265
Pucklechurch Surgery Tel: (0117) 937 2350
Wick Surgery Tel: (0117) 937 2214

FeNO TEST

Fractional Exhaled 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. Your airway tubes can become inflamed in asthma, and this produces a chemical called nitric oxide. 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 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 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 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.