

## 1 hour before the test

- Avoid exerting yourself
- Avoid drinking hot drinks and drinks containing caffeine
- Avoid smoking

## FeNO Results

The test may need to be performed a few times to get a reliable reading.

The results will then be interpreted by a specialist nurse or doctor to help diagnose or manage a breathing condition.

## Finding us

The Respiratory Lab is situated in the Respiratory Outpatient Department on the 2<sup>nd</sup> Floor of Zone B, department B49.

**If you have any questions please contact the Respiratory Lab.**

**Tel: 01225 824314**

## The RUH, where you matter

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath, BA1 3NG  
01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Date of publication: July 2024  
Ref: RUH RES/028

© Royal United Hospitals Bath NHS Foundation Trust

# FeNO

## Fractional Exhaled Nitric Oxide Test



# What is a Fractional Exhaled Nitric Oxide (FeNO) test?

Your doctor has asked that you have a FENO test. This is a way to measure inflammation (swelling) in the bronchial tubes of the lungs.

The test may be used to work out if you have allergic or non-allergic asthma, to evaluate a chronic cough, or to see how well inhaled corticosteroid (ICS) treatment is working in a patient who has already been diagnosed with asthma.



## What does the test involve?

You will be seated for the test.

You will be asked to breathe in as full as possible and blow out at a steady pace into the tube connected to a handheld monitor.

This will be repeated a few times.

## Preparing for the test

The FeNO test is very sensitive and measurements can be affected by some of the things we do, or things we eat or drink before performing the test.

## 24 hours before the test

Avoid drinking alcohol.

## 12 hours before the test

Avoid eating the following foods as they contain high levels of nitrates which can affect the readings:

- Rocket
- Radish
- Turnip
- Garlic
- Spinach
- Beetroot
- Potato
- Sweet peppers
- Lettuce
- Leek
- Carrot
- Cabbage
- Spring onion
- Green beans
- Cucumber