

# Patient preparation for FeNO breath testing with the NObreath®



This is a suggested protocol, other protocols may be available.

## 24 hours prior to test

It is recommended to avoid alcohol consumption for 24 hours before the test.<sup>1\*</sup>

## 12 hours prior to test

It is recommended to avoid smoking for 12 hours before the test.<sup>1\*</sup>

It is recommended to avoid eating foods high in nitrates, this includes but is not limited to<sup>2</sup>:

- Rocket
- Spinach
- Lettuce
- Radish
- Beetroot
- Chinese cabbage
- Turnips
- Cabbage
- Green beans
- Leek
- Spring onion
- Cucumber
- Carrot
- Potato
- Garlic
- Sweet pepper
- Green pepper

## Day of the test

On the day of the test, it is recommended to avoid any of the following 1 hour before the test<sup>2</sup>:

- Eating
- Drinking
- Smoking
- Exercise

**NOTE:** It is recommended to perform a FeNO test before spirometry<sup>1</sup>.

## Tips

- Do not inhale through the nose before exhaling through the mouthpieces
- Be seated and relaxed when taking the test

\*The ATS/ERS Guidelines, referenced below, state that the asterisked activities can affect FeNO readings and therefore Bedfont® has only recommended a time frame to abstain for.

## References

1. ATS/ERS Recommendations for Standardized Procedures for the Online and Offline Measurement of Exhaled Lower Respiratory Nitric Oxide and Nasal Nitric Oxide, 2005. American Journal of Respiratory and Critical Care Medicine. 2005;171(8):912-930.
2. Lidder S, Webb A. Vascular effects of dietary nitrate (as found in green leafy vegetables and beetroot) via the nitrate-nitrite-nitric oxide pathway. British Journal of Clinical Pharmacology. 2013;75(3):677-696.

**How should I prepare for the test? Are there any precautions before testing?  
Can I proceed with normal activities after?**

Please bring all your inhalers to your appointment.

In the **12 hours prior to your appointment please DO NOT use any inhalers**. If you feel breathless and take any inhalers within four hours please inform the nurse at the start of your test.

**Please do not:**

- Smoke for 4 hours before the test;
- Drink alcohol for 4 hours before the test;
- Perform in any vigorous exercise 30 minutes before the test;
- Eat heavy substantial meal 2 hours before the test;
- Wear nail varnish to the appointment.

**Please inform the Lab, prior to your appointment, if any of these situations applies to you:**

- If you have a current chest infection requiring antibiotic treatment;
- Any surgery in the last 2 months;
- If you have coughed up any blood in the last 2 months;
- If you have been told by your Doctor that you have a collapsed lung or a blood clot or you have had a heart attack in the last 2 months;
- If you feel unwell (including chest pain) on the day of the test;

You should wear normal comfortable clothing, avoid tight clothing.