



FeNO Appointment Information

You will shortly be attending the practice for a FeNO test. Please ensure you have read through the information below ahead of attending your appointment.

1. If you have had covid in the last 30 days or have covid symptoms, please contact the surgery to rearrange your appointments.
2. Refrain from eating and drinking for 3 hours before FeNO Analysis. Avoid foods containing Nitrate such as Lettuce
3. Refrain from smoking 1 hour prior to FeNO testing.
4. Avoid strenuous exercise for at least 1 hour prior to testing.
5. If you have any current/recent Upper Respiratory Tract Infection or Lower Respiratory Tract Infection it is preferable to wait until you have recovered prior to FeNO testing, therefore please call to rebook appointment.
6. Peak Expiratory Flow Measurements and Spirometry should be avoided prior to FeNO testing.
7. If your FeNO test is being done to help diagnose asthma and it is safe to do so (for example, you are currently free of symptoms), please avoid using your steroid or combination inhalers (preventer) for 24 hours before the test.
8. If your FeNO test is for monitoring your asthma control and have been asked to repeat the test, continue taking all your usual inhalers as normal.
9. Please try to avoid using your reliever (salbutamol/blue) inhaler for 6 hours before the test, if possible. If you have used any inhalers within this time, let the clinician know before the test begins.