

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.^{1*}

12 hours prior to test

It is recommended to avoid smoking for 12 hours before the test.^{1*}

It is recommended to avoid eating foods high in nitrates, this includes but is not limited to²:

- 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 test²:

- Eating
- Drinking
- Smoking
- Exercise

NOTE: It is recommended to perform a FeNO test before spirometry¹.

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.