

## Exhaled Nitric Oxide Testing (FeNO)

### What is exhaled nitric oxide testing?

An exhaled nitric oxide (FeNO) test is a simple 2 minute test that can help with the diagnosis and treatment of asthma. It measures the level of nitric oxide gas in an exhaled sample of your breath. This sample is collected by having you breathe into the mouthpiece of a machine that performs the measurement.



### Preparing for Your Exam

- 1. Avoid the following for at least two hours before the test:**
  - a. Eating or drinking
  - b. Using tobacco, toothpaste, or mouthwash
  - c. Asthma inhalers
  - d. Exercise
  
- 2. Continue to take all other medications as directed by your physician.**

### Questions?

Please call the MANA Pulmonary Lab if you have any questions – 479-582-7216.