

Respiratory physiology - nasal nitric oxide test

Patient information sheet

The respiratory physiology department performs various tests that help with the diagnosis and treatment of patients with breathing problems.

What is a nasal nitric oxide (nNO) test?

Your doctor has requested a nasal nitric oxide (nNO) test. This measures the level of nitric oxide (NO) in your nasal cavity which indicates whether the small hairs in your airways which catch dust particles and help to clear mucus are working properly.

What does the test involve?

Your test will be carried out by a clinical physiologist.

Please do not worry about performing the test as you will be shown what to do.

The test itself is simple and easy to perform. First, you will be asked to blow your nose. Then, whilst sitting comfortably in a chair, you will be asked to place a small bung into the entrance of one of your nostrils and at the same time, breathe in and out through your mouth for 30 seconds. The nasal bung will draw air from your nostril and then the device will measure the amount of nitric oxide. This will then be repeated in the other nostril.



The nNO machine



Performing the test

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Preparing for your appointment

It is important to comply with the following pre-test instructions as there are a variety of factors that can impact on the results of this test.

At least one hour before your appointment time:

- Refrain from drinking hot drinks, caffeine and alcohol.
- Avoid smoking.
- Do not exercise or exert yourself.

At least three hours before your appointment time:

- Avoid eating nitrate rich foods (such as celery, leek, lettuce, spinach, cabbage, beetroot).

You can take your regular medications as normal before the test.

If you have had a recent chest infection, please inform the clinical physiologist.

Risks

The test is safe to do. There are no known risks associated with this test.

Any questions

If you have any questions about the test or the department, please do not hesitate to telephone respiratory physiology on 01223 638207.

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