

Patient preparation for exhaled nitric oxide (eNO) measurement

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

1 hour prior to test

It is recommended to avoid any of the following 1 hour before the test^{1,2}:

- Eating
- Drinking
- Smoking
- Exercise

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

3 hours prior to test

It is recommended to avoid eating foods high in nitrates, this includes but is not limited to³:

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

Tips

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

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. 930-912:8(171;2005.
2. Horváth I, Barnes PJ, Loukides S, et al. A European Respiratory Society technical standard: exhaled biomarkers in lung disease. Eur Respir J. 2017. Apr26;49(4):1600965.
3. 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. 696-677:3(75;2013.