



testfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

Exhaled Nitric Oxide

What is exhaled nitric oxide testing?

Exhaled nitric oxide is a simple test to measure the amount of nitric oxide in your breath. Nitric oxide is one of the many gases people exhale. It is a marker of airway inflammation. The results from this test make it easier for you and your doctor to monitor your asthma and find the best treatment plan for you.

How do you get ready for the test?

Please follow these directions when getting ready for this test.

- ✓ Do not eat, drink, or do strenuous exercise for 1 hour before the test is scheduled.
- ✓ Do not perform spirometry or peak flow for 1 hour before the test is scheduled.
- ✓ Continue to take all your medicine as you usually do, unless you have been told to withhold medications for other testing you will be doing.

What is done during the test?

You will be seated by the testing equipment and asked to slowly blow out. You will place a mouthpiece in your mouth. Next, you will take a deep breath in filling up your lungs. You will slowly blow the air out of your lungs. This will be repeated several times. You will have small rest times between each effort. The technician will explain the test and coach you to do it correctly.

How long will the test take?

The exhaled nitric oxide test often takes 30 minutes to complete.

How do you get to your test?

On the day of your scheduled test, report to room A310a in the Pulmonary Physiology Unit, (PPU), located on the 3rd floor of the May building. If you have questions please call the Pulmonary Physiology Unit at 303-398-1530.