

INFORMATION FOR PATIENTS

Fractional exhaled nitric oxide (FeNO)

Your doctor has requested that we perform a test to help guide your medical treatment.

What is a FeNO test?

A FeNO test measures the amount of nitric oxide in your breath. This helps identify inflammation in the airways and is commonly used in the assessment and management of asthma.

Why do I need to have this test?

Your doctor (or other health professional) has asked for this test to help them understand whether there is any inflammation in your airways. This will help them give you advice regarding your treatment and management.

Who will perform my test?

The test will be performed by a respiratory physiologist or a respiratory physiologist assistant. These are staff who have extensive training and knowledge in respiratory physiology and performing lung function tests.

What will happen during the test?

Before the test begins the physiologist will explain the test to you in detail and answer any questions that you have.

To begin with you will be asked to take a deep breath in and then blow out slowly and steadily into a handheld machine for several seconds. The test is painless and usually only takes a few minutes, however we may repeat it to ensure accurate results.

Important information:

- Take all other medication as normal and please bring a list of all medication with you.
- Please do not smoke, consume alcohol, eat a heavy meal or perform heavy exercise within four hours of the test.
- Please do not consume coffee, tea, cola drinks or chocolate on the day of the test.
- Please do not wear nail varnish or false nails.

Please contact the department if you have experienced any of the following:

- Current or a recent chest infection (within the last two weeks).
- Recent eye, stomach or chest surgery.
- A heart attack within the last month.
- Have attended an emergency department in the last two to three days.
- Chest pain on the day of your test.

Please allow up to 20 minutes for this appointment.

The results

These will go to your doctor who will explain them to you at your next clinic visit. Please note that you may not be given the results on the day of your test.

What if I need hospital transport?

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556.

Thank you for your co-operation. This will assist us in obtaining accurate information and enable us to provide you with the most appropriate treatment.

Contact details

Respiratory department:

- Telephone 01623 672484
- Email sfh-tr.respiratoryandsleep@nhs.net

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| King's Mill Hospital | Newark Hospital |
| Mansfield Road | Boundary Road |
| Sutton in Ashfield | Newark |
| Notts | Notts |
| NG17 4JL | NG24 4DE |

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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