

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

24 hours prior to test

It is recommended to avoid alcohol consumption for 24 hours before the test^{1*}

12 hours prior to test

It is recommended to avoid smoking for 12 hours before the test^{1*}

It is recommended to avoid eating foods high in nitrates, this includes but not limited to²:

Rocket
Spinach
Lettuce
Radish
Betroot
Chinese cabbage

Turnips
Cabbage
Green beans
Leek
Spring onion
Cucumber
Carrot
Potato
Garlic
Sweet pepper
Green pepper

Day of the test

On the day of the test, it is recommended to avoid any of the following 1 hour before the test²:

Eating
Drinking
Smoking
Exercise

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

Tips

Do not inhale through 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, 2205. American journal of respiratory and critical care medicine. 2005;171(8):912-930.
2. 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. 2013;75(3):677-696

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