



## FeNo (Fractional Exhaled Nitric Oxide) Testing

Appointment Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Please check in at the Registration Desk at Altru Clinic 1300 Columbia Road when you arrive, even if you have used E Check-in through MyChart. Please arrive 10 minutes before your scheduled appointment.

### FeNo(Fractional Exhaled Nitric Oxide) Testing

FeNo testing has been scheduled by your provider. This test measures eosinophilic airway inflammation to assist in asthma diagnosis and management.

### What to Expect:

The test is non-invasive and takes 5-10 minutes. It measures the amount of Nitric Oxide in your breath which helps detect airway inflammation.

### \*All instructions must be followed, or your test will be rescheduled.

- No smoking or vaping for 3 hours prior to testing.
- No strenuous exercise for 3 hours prior to testing.
- Avoid drinking anything besides water for 3 hours prior to testing.
- Refrain from eating any nitrate rich foods such as spinach, lettuce, celery, arugula and beetroot for 3 hours prior to testing.
- No respiratory infections within 6 weeks.
- No recent hospitalizations within 6 weeks due to respiratory infections.
- Withhold the following medications as indicated:

<u>Medications</u>	<u>Withholding Time</u>
<b>Inhaled</b>	
Spiriva, Tudorza, Stiolto, Anoro, Incruse, Utibron, Trelegy, Breztri	1 week
Advair, Serevent, Symbicort, Foradil, Perforomist, Brovana, Tilade, Asmanex, Dulera, Qvar, Alvesco, Pulmicort, Flovent, Ellipta, Breo, Arnuity, Airsupra, Wixela, Breyna	48 hours
Atrovent, Combivent, DuoNeb	12 hours
Proventil, Ventolin, ProAir, Xopenex, Maxair, Albuterol	6 hours
Alupent, Metaprel, Primatene Mist, Tobacco, Vaping, Caffeine	6 hours
<b>Oral</b>	
Theophylline, Daliresp	24 hours
Prednisone	48 hours or call a physician
Accolate, Zyflo, Singular	24 hours
Ventolin, Proventil, Brethine, Proventil Repetabs	24 hours
Zyrtec, Hydroxyzine (Atarax), Allegra, Claritin, Benadryl (or any other meds containing diphenhydramine), Chlor-trimeton, Sudafed (or any other containing Pseudoephedrine), Tylenol PM, Advil PM, Nyquil	12 hours

**\*IF YOU ARE TAKING ANY OTHER BREATHING OR ALLERGY MEDICATIONS NOT ON THIS LIST, PLEASE CONTACT YOUR PHYSICIAN.**