

## Exhaled Nitric Oxide Test

The Niox test is a relatively new, non-invasive test, which measures the amount of nitric oxide in your breath when you exhale. Nitric oxide (NO) is a gas which is produced by the cells that line the inner wall of the airways. When the airways are inflamed, as occurs in respiratory conditions such as asthma, they release more nitric oxide than normal. The amount of nitric oxide a person breathes out (exhales) can show how much inflammation there is in the lungs, so therefore it is useful to measure it. The results can help with the assessment of your respiratory condition and assist, in conjunction with other tests, with planning your treatment.

The test is performed like other pulmonary function tests as it involves breathing through a tube into a computer.

1. This test should always be performed prior to any other respiratory tests you may be having.
2. We recommend that you do not eat and drink for one hour prior to the test, if you can, as it is possible that eating and drinking certain food and drinks can alter levels of nitric oxide.
3. We would also ask you not to smoke or take strenuous exercise for one hour before your test is due.
4. We will need to know about any recent respiratory infections you may have had, and the time you last took any inhalers.

You may feel some chest tightness, wheeze or cough. You may also feel a little light headed following the spirometry. Please let the nurse know if you feel dizzy.