



Charlotte Keel  
MEDICAL PRACTICE

# NObreath Fractional exhaled Nitric Oxide (FeNO) measurement Standard Operating Procedure

Version:	Owner:	Created:
2.1	Danielle Townsend (Lead Nurse CKMP.)	13 <sup>th</sup> May 2022
Published:	Approving Director:	Next Review
15/01/2025	Rhys Hancock, Director of Nursing, Allied Health Professionals and Governance	15 <sup>th</sup> January 2027

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# FeNO Standard Operating Procedure

## Before test:

1 week before test: stop inhaled corticosteroid

24 hours before test: avoid alcohol

12 hours before test: avoid smoking and vegetables (many are high in nitrates)

1 hour before test: avoid eating, drinking and exercise

Perform FeNO test BEFORE spirometry

## Instructions for performing test:

1. Press and hold the on/off button once to switch the monitor on and wait up to 10 seconds for the monitor to stabilise.
2. Attach a new mouthpiece to the unit and select either the adult or child breath test.  
NOTE: to cancel the breath test, press the home icon.
3. As prompted onscreen by the arrow, inhale until prompted to exhale. **Do not inhale through the mouthpiece.**
4. When the exhale arrow appears, keep the monitor upright and blow gently into the mouthpiece. **Make sure you are not covering the vent holes.**  
NOTE: the exhalation time is approx. 12 seconds for an adult and 10 seconds for a child.
5. The onscreen flow meter will guide you on the exhalation rate: continue blowing until the green tick appears.  
NOTE: if you blow outside of the exhalation guidelines, the test will beep, before signifying a fail, and a red cross will appear. Touch the refresh icon to retry the test.
6. Following the green tick, a result will appear on the screen.
7. Once the test is complete remove the mouthpiece and dispose of it appropriately. Placing the machine back onto its charging unit.

# FeNO Standard Operating Procedure

## Results:

BTS/SIGN: Use measurement of FeNO to find evidence of eosinophilic inflammation. A positive test increases the probability of asthma but a negative test does not exclude asthma.

In **steroid-naive adults, a FeNO level of 40 parts per billion (ppb)** or more is regarded as positive; in **schoolchildren a FeNO level of 35 ppb** or more is regarded as a positive test.

Record results in patient's notes, EMIS code: Measurement of expired nitric oxide.

## Cleaning and maintenance:

It is best practice to not let the battery run flat. If this occurs, the device may need calibration.

Clean with Clinell (green) universal wipes.

CAUTION: Do not use any substances containing alcohol on or near the NObreath®.

The device or consumables cannot be sterilised. It is recommended that wipes are used once and for one surface only. The NObreath® device should be cleaned for initial use and after each patient use.

Under no circumstances should the instrument be immersed in liquid or splashed with liquid.

## Tables

Date	Version	Author	Change
13 <sup>th</sup> May 2022	1	Liz Turner	New SOP
21 <sup>st</sup> March 2024	2	LT	New owner Danielle Townsend and review.
13/11/2024	2.1	JG	Reviewed