

# FRACTIONAL EXHALED NITRIC OXIDE (FeNO)

Your test explained...

## WHAT IS IT?

FeNO (fractional exhaled nitric oxide) is a test that measures the levels of nitric oxide in your breath. A high level of nitric oxide can be a sign of inflammation within the airways, which could be an indicator that you have asthma.

## WHY FeNO?

- Aids diagnosis and monitoring of asthma
- Determine if there is any inflammation in your lungs
- It is safe and easy to perform, and can help improve outcomes in asthma patients

## HOW SHOULD I PREPARE FOR THE TEST?

- Avoid smoking for at least 1 hour before your test
- Caffeine and alcohol should be avoided at least 1 hour before your test
- Avoid nitrate rich foods, such as kale, celery, leek, spinach etc, at least 3 hours before the test



For more information  
please visit: (QR)



or contact the  
department on  
02921 825421

**Test Results will be ready the same day or by  
your next appointment with the consultant/GP**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Lung Function  
& Sleep Apnoea  
Department

# PRAWF ANADLU ALLAN OCSID NITRIG FFRACSIYNOL (FeNO) Esboniad o'ch prawf...

## BETH YDYW?

Mae FeNO (anadlu allan ocsid nitrig ffracsiynol) yn brawf sy'n mesur lefelau ocsid nitrig yn eich anadl. Gall lefel uchel o ocsid nitrig fod yn arwydd o lid yn y llwybrau anadlu, a all ddangos bod asthma arnoch.

## PAM FeNO?

- Mae'n helpu i wneud diagnosis a monitro asthma
- Mae'n canfod a oes unrhyw lid yn eich ysgyfaint
- Mae'n ddiogel ac yn hawdd ei berfformio, a gall helpu i wella canlyniadau cleifion asthma

## SUT DDYLWN I BARATOI AR GYFER Y PRAWF?

- Peidiwch ag ysmegu am o leiaf 1 awr cyn eich prawf
- Dylech osgoi caffein ac alcohol o leiaf 1 awr cyn eich prawf
- Dylech osgoi bwydydd sy'n llawn nitrad, fel cêl, seleri, cennin, sbigoglys ac ati, o leiaf 3 awr cyn y prawf



I gael rhagor o  
wybodaeth, ewch i:

Cysylltwch â'r  
adran ar  
02921 825 421.



Bydd canlyniadau profion yn barod yr un  
diwrnod neu erbyn eich apwyntiad nesaf gyda'r  
meddyg ymgynghorol/meddyg teulu



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Swyddogaeth yr Ysgyfaint  
ac Adran Apnoea Cwsg