



FeNO Monitoring System

PATIENT PREPARATION FOR FeNO TESTING



THIS IS A SUGGESTED PROTOCOL, OTHER PROTOCOLS MAY BE AVAILABLE.

24 HOURS PRIOR TO TEST:	12 HOURS PRIOR TO TEST:
Alcohol substances may cause erroneous	An increase in FeNO has been found after ingestion
measurement results. It is recommended to avoid	of nitrate contaiing foods and may lead to altered
alcohol consumption for 24 hours prior to the test.	FeNO levels .

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

- Arugula
- Spinach
- Lettuce
- Radish
- o Beetroot
- o Chinese Cabbage
- Turnips
- Cabbage
- Green Beans
- Leek
- Spring Onion
- Cucumber

- Carrots
- Potatoes
- o Garlic
- Sweet Pepper
- Green Pepper

DAY OF TEST:

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

Eating

Smoking

Drinking

Exercise

The ATS/ERS Guidelines included in the references below, state that the activities listed can affect FENO readings and therefore MGC Diagnostics has recommended to abstain from these activities for the noted time frame.

REFERENCES:

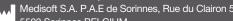
- ATS/ERS Recommendations for Standardized Procedures for the online and offline measurement of exhaled lower respiratory nitric oxide and nasal nitric oxide, 2205. American Journal of Respiratory and Criticial Care Medicine. 2005; 171 8): 912-930.
- 2. Lidder S, Webb A. Vascular effects of dietary nitrate (as found in green leafy vegetables and beetroot via the nitrate--nitrate-nitrate-nitrate pathway. British Journal of Clinical Pharmacology. 2013; 75(3): 677-696.



MGC DIAGNOSTICS CORPORATION, through its subsidiary Medisoft S.A. 350 Oak Grove Parkway St. Paul, Minnesota USA 55127-8599

Medisoft S.A. P.A.E de Sorinnes, Rue du Clairon 5

5503 Sorinnes RELIGIUM



© 2024 MGC Diagnostics Corporation or one of its affiliates. All rights reserved.

All specifications subject to change without notice. Products may vary from those illustrated.

MGC Diagnostics and its affiliates are equal opportunity/affirmative action employers committed to cultural diversity in the workforce.

Part# 060178-001 RevA



