Sleep & Lung Care
RESPIRATORY & SLEEP PHYSICIANS
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Doncaster East
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Braybrook
Tenancy 2, 330 Ballarat Road, Braybrook 3019

Kilmore
75 Powlett Street, Kilmore 3764

Please read before your appointment
What happens, how to prepare and what to bring.

Your FeNO test (exhaled nitric oxide)

Date: _____ Time: _____ Clinic: ☐ Epping ☐ Brunswick ☐ Doncaster East ☐ Braybrook ☐ Kilmore

The FeNO test measures the amount of nitric oxide in the air you breathe out. Nitric oxide is produced by the cells involved in the inflammation of allergic or eosinophilic asthma, so a raised level helps your doctor diagnose this type of asthma and shows whether your inhaled steroid (preventer) is controlling the inflammation. Your breathing can feel fine while the level is still high, so your physician may use the result to adjust your treatment.

What happens during the test

- You breathe out fully, then breathe in through a mouthpiece connected to a small hand-held device and blow out slowly and steadily for about 10 seconds. Unlike other lung function tests, this test needs a slow, gentle breath — not a hard, fast one — to give an accurate reading. The respiratory scientist guides you.
- The result is shown in parts per billion (ppb) within a couple of minutes; the blow may be repeated to confirm it.
- The test is painless and takes about 10 minutes.

On the day

- Wear loose, comfortable clothing.
- Bring your referral and Medicare card. Lung function tests are bulk billed with a current referral.
- Allow 45–90 minutes for your visit — most patients have more than one breathing test at the same appointment.

Before your test

- **DO NOT EAT any foods rich in nitrates before the test:**
- **Green vegetables — spinach, broccoli, etc.**
- **Smallgoods — ham, salami or similar**
- Withhold your inhalers for the times in the table below — some medicines hide what the test is trying to measure.
- Bring all your inhalers and a list of your medicines and doses.
- No smoking or vaping for 1 hour, no alcohol for 8 hours, no vigorous exercise for 1 hour and no large meal for 2 hours before the test.
- If you are unwell on the day, call us before you come — the test may need to be rebooked.

Do not stop a medicine you need to stay safe. If you need your reliever, take it and tell the scientist when you arrive — we can still test you or rebook. Unless your doctor or our reception team has told you otherwise, withhold the medicines below for the times shown; if you are unsure about any medicine, call (03) 9422 0077 before your appointment.

Medicines to withhold before the test

Medicine (examples)	Withhold for
Reliever puffers — salbutamol (Ventolin, Asmol, Airomir), terbutaline (Bricanyl)	4–6 hours
Ipratropium (Atrovent)	12 hours
Twice-daily long-acting and combination inhalers — Seretide, Symbicort, Flutiform, DuoResp, Fostair, Serevent, Oxis	24 hours
Once-daily long-acting inhalers (Breo Ellipta, Trelegy, Anoro, Ultibro, Spiolto, Onbrez, Striverdi), twice-daily triple-therapy inhalers (Trimbow, Breztri) and long-acting anticholinergics (Spiriva, Seebri, Incruse, Bretaris)	36–48 hours
Preventer-only inhaled steroid (Flixotide, Pulmicort, Qvar, Alvesco), montelukast (Singulair), antihistamines, theophylline (Nuelin)	Take as usual
Caffeine — coffee, tea, cola, energy drinks, chocolate	Avoid on the morning of the test

Your results

A respiratory scientist performs the tests and one of our respiratory physicians reports them. The report is sent to your referring doctor within two weeks. If your GP referred you for the tests only, your GP goes through the results with you (and can ask us for a consultation if the report recommends one); if you are already seeing one of our physicians, the results are discussed at your next appointment. If you have not heard from your doctor three weeks after the test, call (03) 9422 0077.

Cost, cancellations and questions

- Lung function tests are bulk billed with a valid referral — there is no charge for the test.
- To change or cancel your appointment, call (03) 9422 0077 during business hours (Monday to Friday, 9:00 am – 5:00 pm). Please give at least 48 hours' notice.
- Arabic (العربية), Chinese (中文) and Vietnamese (Tiếng Việt) versions of these instructions are available from reception.
- Questions: (03) 9422 0077. Full guide online: **sleepandlungcare.com.au/our-service/exhaled-nitric-oxide-feno**

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Version 1 · 16 September 2026