

Exhaled Nitric Oxide (ENo)

What is it?

This test measures the amount of nitric oxide or possible lung inflammation in the breath.

Why is it helpful?

The level of nitric oxide indicates the degree of inflammation in the airways. This test may help the doctor decide if a child's asthma medicine should be changed.

How is it done?

This test is usually done at the same time as the Pulmonary Function Test. The ENo test is performed by taking a large breath and exhaling steadily. Children under 12 years old will be asked to exhale for 6 seconds and children over 12 years old will be asked to exhale for 10 seconds.

