

# Spirometry and FeNo - Children and Young People



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## What is spirometry?

Spirometry is a common lung function test. This looks at how fast your child can blow air out of their lungs through the airways. Your child will be asked to breathe in until they are full, and then blow out as hard and as long as they can through a mouthpiece.

## How is the test performed?

You will be asked to sit and breathe deeply and then blow as hard and fast as you can until your lungs are empty - like blowing out the candles on a cake! This may be repeated several times and you may be asked to use your inhaler and then repeat the test. Spirometry is a low risk procedure and is not painful but it may cause you to feel dizzy or light-headed for a few moments.

## What is FeNo?

Fractional exhaled nitric oxide (FeNO), this test can measure inflammation in the airways. Your child will need to take a deep breath through a device similar to a straw. They will then have to blow out gently and smoothly as if they are cooling a cup of tea. Sometimes a combination of these tests helps give the doctor a better picture to help treat you.

## How is the test performed?

You will take a big breath in and then gently breath out through the filtered mouthpiece into a small portable device for approximately 6 seconds. The test is much easier to do than other asthma tests such as spirometry or peak flow. The device shows the reading on its screen.

## Why are these tests needed?

To diagnose lung diseases, such as asthma, to monitor lung disease, to monitor how well treatment is working, to determine how serious the lung disease is, to determine if the lung disease is restrictive (decreased airflow) or obstructive (disruption of airflow).

## Please Remember

- Please wear loose, comfortable clothing that will not restrict your breathing.
- The tests cannot be performed if you have had a chest infection in the last six weeks.
- Please avoid vigorous exercise for at least 1 hour before the tests. Please avoid hot or caffeinated drinks for at least 1 hour before the tests.
- FOR THE FENO TEST ONLY Please avoid nitrate rich foods such as green, leafy vegetables (ie celery, beetroot, lettuce, spinach) for at least 3 hours before the test.

## After the test

The results of your tests will not be discussed with you at your appointment. The results will be sent to the paediatric respiratory consultant. A letter with the outcome of the results and any advice will be sent to you and your GP following this.

If you have any further questions please telephone the Respiratory and Sleep Physiology Services Team department on: 01493 452287 during the hours of 09:00 and 16:30 Monday to Friday.

## Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

**Before leaving please complete a Friends and Family Test feedback card.**

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## OUR VALUES

### **Collaboration**

We work positively with others to achieve shared aims

### **Accountability**

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

### **Respect**

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

### **Empowerment**

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

### **Support**

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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leaflet, contact PALS  
01493 453240**