

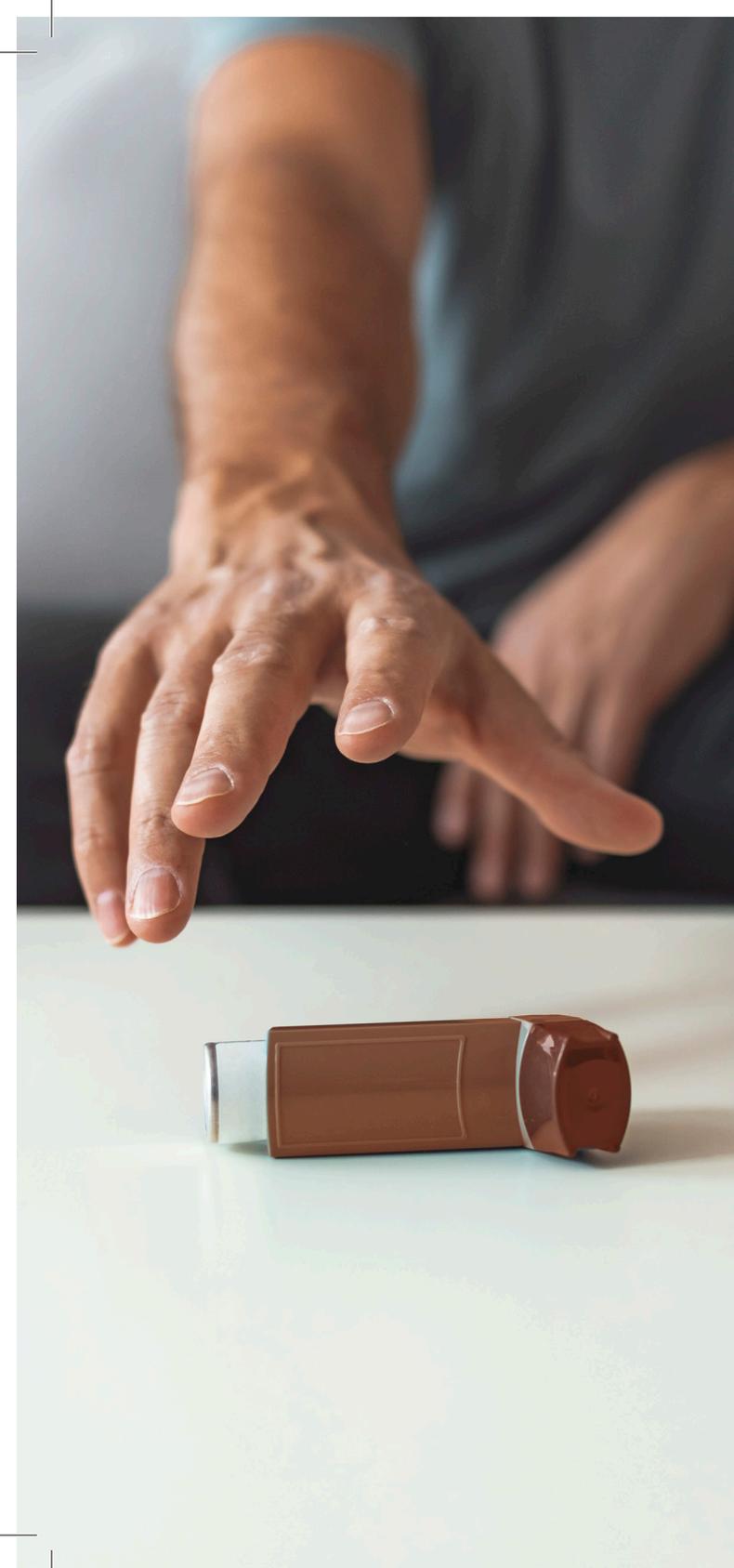


FeNO TESTS

(to monitor FeNO levels)

A quick, easy way to
measure airway inflammation
for better asthma treatment
and management.

CARRIGALINE
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PHARMACY



Asthma is a chronic disease that causes your airways to become inflamed, making it difficult to breathe. Common symptoms include:

- **Coughing**
- **Shortness of breath**
- **Wheezing**
- **Chest tightness**

There are different types of asthma and there are many conditions that have the same symptoms as asthma. Knowing if your airways are inflamed can aid your doctor in making the correct diagnosis, finding the best management plan and monitoring your asthma more effectively. One way they can do this is with a FeNO test.

WHAT IS NITRIC OXIDE?

Nitric oxide is a small molecule produced in the lungs. When the lungs are inflamed, they can produce more nitric oxide, which can be an indicator of allergic asthma.

WHAT IS FeNO?

FeNO stands for Fractional exhaled Nitric Oxide. When you breathe out, a FeNO test measures the amount of nitric oxide in your breath. This helps in determining whether you have inflammation in your airways and if so, how much.

With allergic or eosinophilic asthma, sometimes you may feel as if your breathing is fine, but when measured, your exhaled nitric oxide is elevated. If this is the case, your CarePlus Pharmacist will refer you to your doctor, who may advise increased intake of your inhaled steroid to reduce this inflammation.

HOW IS FeNO TESTING DONE?

A FeNO test is a quick and non-invasive test that is easy for both children and adults to do. NIOX VEROFeNO is suitable for children aged 4 years and older.

The test takes place in a consultation room. Your CarePlus Pharmacy team member will ask you to blow into a handheld device that will measure your nitric oxide levels. The test itself takes 10 seconds and results are available within 1 minute. Your CarePlus Pharmacist can help you understand your results and will refer you to your doctor where necessary.

WHAT DOES CHECKING FeNO LEVELS DO?

If you have already been diagnosed with asthma, tracking your FeNO levels:

- **Determines if your current management plan is working effectively**
- **Informs medication increases or reductions**
- **May identify what type of asthma you have**
- **Can track your airway inflammation over time**
- **Can reveal to your doctor if you have been taking your medicines correctly**





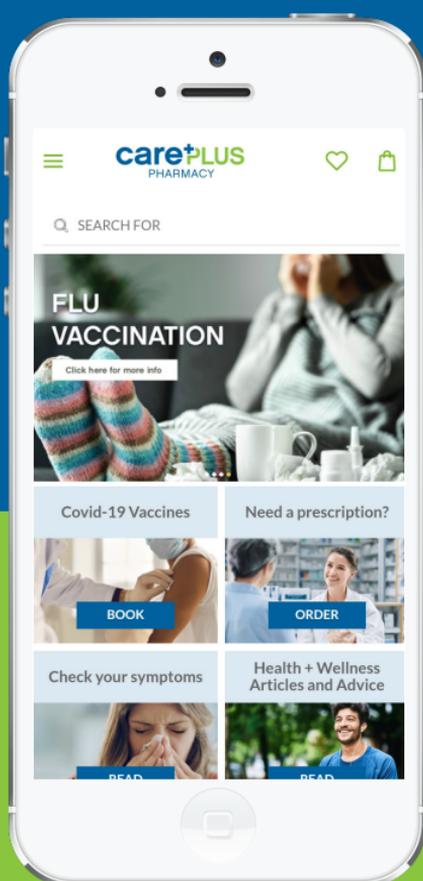
If you have not been diagnosed with asthma, a FeNO test can:

- ✓ Support an asthma diagnosis
- ✓ Help you and your doctor to understand how you may respond to corticosteroids
- ✓ Aid in ruling out other conditions that may have similar symptoms to asthma

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HOW TO BOOK

Book your FeNO test in store
at Carrigaline CarePlus Pharmacy
or as part of the Asthma
Support Service at careplus.ie.



careplus.ie