

Nasal nitric oxide test: information for families

Inside the nose and sinuses there are tiny hairs called cilia. The cilia beat back and forth to catch dust particles and remove mucus. In some people, these cilia may not work properly, which will lead to respiratory symptoms such as coughing or difficulty breathing. This information sheet from Great Ormond Street Hospital (GOSH) describes what to expect when your child has a nasal nitric oxide (nNO) test. An Easy Read information sheet is included for your child.

The nasal nitric oxide test is used to assess if the cilia are working properly. During the test we will measure the nitric oxide (NO) level in your child's nose.

Do I need to bring anything?

You should receive a letter with the instructions on where to come for the test. No other preparation is needed for the test.

What does a nNO test involve?

The physiologist will explain this test in more detail and be able to answer any questions you (or your child) may have before the test starts. We will ask for your permission (consent) to perform the test.

Important

The person bringing your child for the test should have 'Parental Responsibility' for them. Parental Responsibility refers to the individual who has legal rights, responsibilities, duties, power and authority to make decisions for a child. If the person bringing your child does not have Parental Responsibility, we may have to cancel the test.

Before we start the test, we will ask your child to blow their nose if it is blocked or have a runny

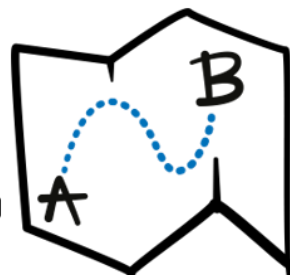
nose. The physiologists will then place a nasal olive in one nostril. The nasal olive is a long clear tube that has a spongy end that will sit inside your child's nostril.

Once the nasal olive is in place your child's nostril, the test will start. Your child will be asked to breathe in through a mouthpiece as deeply as possible. They will then be asked to breathe out at a steady pace for 10 seconds. An animation on the screen will help them achieve the correct speed. While they are breathing in and out, the nasal olive measures the nitric oxide levels in your child's nose.

This process is repeated a few times in each nostril.

Are there any risks?

There are no direct risks associated with performing the test. The nasal olive will need to achieve as tight fit inside the nostril so may be uncomfortable.



Getting the results



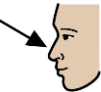




The results for your test will be uploaded onto our electronic patient record system for your doctor to view. If you are seeing your doctor in clinic or later that day, they will go through the results of this test.

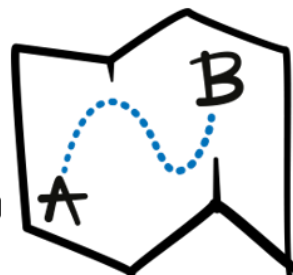
If you are not seeing the doctor on the same day they will still be able to view the results ready for your next appointment. They will contact you if there is anything that your child needs to do before their next appointment.

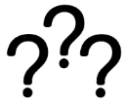
Further information and support

If you need any further advice or information about nasal Nitric Oxide testing, you can contact the Lung Function Lab on 020 7405 9200 ext 5456 or via the MyGosh portal at www.gosh.nhs.uk/mygosh once you have registered.

Having a nasal nitric oxide test

	If you have a cough that lasts a long time the doctor may ask you to do this test.
	We will ask you to blow your nose before the test starts.
	You will have a little plug put in your nose to measure the air that comes out when you blow
	You will be asked to take a deep breath in from the machine, and then blow out
	You have to try and make sure that the smiley face stays green for the whole 10 seconds.
	You will do this a couple of times with both nostrils. Don't worry, you can rest in between each one.
	You might meet the doctor that day to hear the results of the test or you will discuss the results of the test at your next appointment.





Please ask us if you have any questions.

