



THE LUNG CENTER

2050 Kenny Rd., Suite 2200 · Columbus, OH 43221 · 614-293-4925

Exhaled Nitric Oxide Testing (eNO testing)

Exhaled nitric oxide (eNO) testing measures the concentration, in part per billion (ppb), of nitric oxide in the air you exhale from your lungs. Nitric Oxide is a gas formed in the lungs as part of the breathing process. Levels of nitric oxide increase as the amount of inflammation in the lungs increases.

Asthma causes inflammation in the lungs. Asthma symptoms improve when the inflammation in the lungs is reduced. Inflammation is reduced by the use of controller medications like inhaled steroids.

Measuring the level of nitric oxide in exhaled air can be helpful in some people to determine if the inflammation in the lungs is adequately controlled by asthma medications. If nitric oxide levels are above the normal range your provider may increase the amount of controller medications you are taking. eNO testing can also be used to determine if the breathing symptoms you are having is related to asthma or a condition that mimics asthma.

Normal levels of nitric oxide in exhaled air are usually less than 20 ppb.

Your level today was _____ ppb