

## Measurement of expiration nitrogen dioxide level

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### Purpose of the study

Measurement of expiration nitrogen dioxide level can reveal asthma in its early stage. This study can also be used in the follow up of treatment.

### Preparations

- Don't drink alcohol for a one day (24 hours) before the study.
- Don't smoke cigarettes for 2 hours before the study.
- Don't eat or drink anything for 2 hours before the study. You can rinse your mouth with water.
- Avoid physical stress for an hour before the study.

### Study protocol

The nurse will give you instructions how to breathe into the device. You will exhale smoothly into the mouthpiece of a device that measures the nitrogen dioxide level. The study will take about 15–30 minutes.

Please do not wear any perfume when coming to the department as it may cause severe symptoms to patients with asthma or allergy!

### Contact information

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