



## Fractional Exhaled Nitric Oxide (FeNO) Measurement Guide

### Remember:



**Every other day you will collect an exhaled nitric oxide measurement.**

Your daily diary in the B-WELL-Mom app on your tablet will automatically display the nitric oxide field on days when the test is expected.

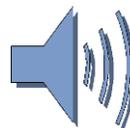


**Do not reuse filters!**

Each time you take a FeNO measurement, you will have to replace the filter. A package of filters will be provided to you with the machine at your first study visit.

### How to measure your FeNO with the NIOX VERO:

1. If the NIOX VERO is in standby or sleep mode, simply touch the display to activate it.
2. Lift the breathing handle from the holder and remove the handle cap.
3. Obtain a new filter. The filter should be used immediately after opening. Do not touch the filter membrane. Attach the filter to the breathing handle. Make sure to twist the filter in place until it clicks.
4. Empty your lungs by breathing out thoroughly.
5. Close your lips around the mouthpiece on the filter so that no air leakage occurs.
6. Inhale deeply through the filter until you reach your total lung capacity. During the inhalation, the cloud on the display moves upwards.
7. Exhale slowly through the filter while keeping the cloud within the limits as indicated on the display.
8. The instrument display and audio signals will guide you to the correct exhalation pressure:



**Continuous sound=correct pressure!**  
**High pitched sound=pressure too strong**  
**Low pitched sound=pressure too weak**

9. Exhale until the cloud has passed the flag.
10. The device will analyze the sample and generate a result in approximately one minute. Do not exhale or inhale through the filter during the analysis process.
11. The results is then displayed.
12. Enter the result in the nitric oxide measurement field of your daily diary:

