

Factors Affecting The NIOX[®] Value

You should be aware that The NIOX Value can be affected by various factors.

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The following can cause an increase:

- Airway viral infection¹
- Allergic rhinitis²
- Nitrate-rich food³

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The following can cause a decrease:

- Repeated spirometric maneuvers⁴
- Exercise⁵
- Bronchoconstriction^{5,6}
- Smoking⁷

Always perform exhaled NO measurements first, prior to any other respiratory test.

Always check if the patient:

- Has an upper or lower airway infection
- Is a smoker
- Has consumed food or liquid in the past hours prior to examination

Smoking reduces The NIOX Value.

Near-normal levels may be seen despite the presence of inflammation. Smokers normally have NIOX Values between 2–10 ppb.^{7,8} However, increased levels in smokers still indicate ongoing eosinophilic inflammation. Results should be interpreted with caution.

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