Factors Affecting The NIOX® Value

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

The following can cause an increase:
• Airway viral infection\(^1\)
• Allergic rhinitis\(^2\)
• Nitrate-rich food\(^3\)

The following can cause a decrease:
• Repeated spirometric maneuvers\(^4\)
• Exercise\(^5\)
• Bronchoconstriction\(^5, 6\)
• Smoking\(^7, 8\)

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

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.

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

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REFERENCES