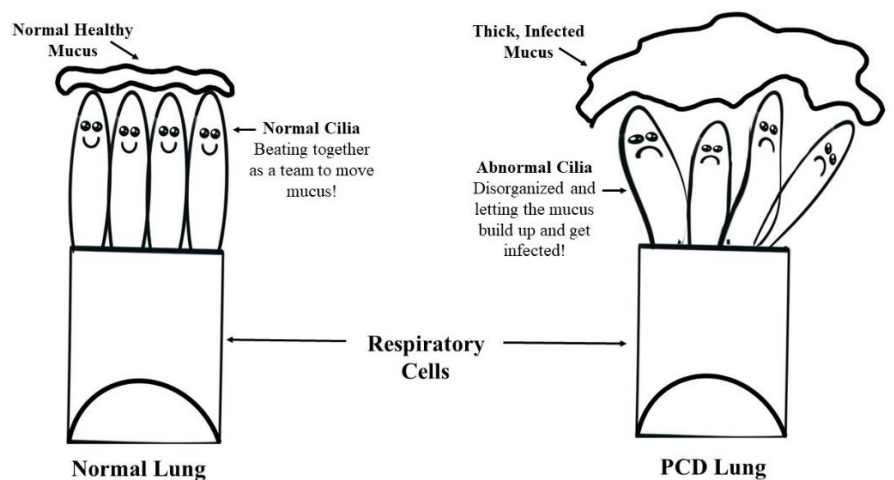


Nasal Nitric Oxide Tutorial

Your doctor has ordered a nasal nitric oxide test. This is a very specific test that is used to help diagnosis a rare disease called Primary Ciliary Dyskinesia (PCD).

What is PCD?

In our nose and lungs we have tiny little hairs (cilia) that help move the mucus. Mucus traps particles and germs that we inhale every day and then these cilia move or beat together to move the mucus out of the nose and lungs. For the movement of mucus to work, these cilia have to beat in a specific pattern. When they don't beat together, the mucus doesn't move properly and it stays in the nose and lung where it gets infected and thick.



Original cartoon by E. Gagliarducci

The thick and infected mucus causes chronic lung, sinus and ear infections. This can cause chronic productive cough, thick nasal drainage as well as drainage of fluid from the ears and hearing loss. It is important to know if you have PCD so that your doctor can prescribe therapy to help move the mucus more effectively to decrease infections. Less infections means we are able to keep your body healthier.

What is this nasal nitric oxide test my doctor wants me to have?

Nasal nitric oxide testing uses a piece of equipment to test if the cilia are working properly. It is a non-invasive test that measures the nitric oxide (a type of gas) level in the sinus passage. The test is done by placing a small foam tube in your nostril and the nitric oxide level is measured as you breathe out normally. A step by step visual description is provided on the back of this handout.

Due to the nature of the testing, it is considered a research test. It is a highly specialized test that can only be performed at specific centers-our center has completed the training to do this testing.

When you arrive, the respiratory therapist who administers the test, will do a consent with you for the test as well as the ability to log the test into our patient registry. Please make sure you are healthy on the day of testing, if you are acutely sick, you should reschedule your test.

This research test takes about 20-30 minutes, this will include the consenting process, a short survey and the nasal testing. This will be done in the pulmonary clinic at Connecticut Children’s Medical Center. If needed, you may be asked to do this test up to 4 times per year. Repeat testing is sometimes needed to make sure the result is not changing over time. Your doctor will let you know if repeat testing is needed for you.

Testing Procedures:







	<p>If you have a cough that lasts a long time the doctor may ask you to do this test.</p>
	<p>We will ask you to blow your nose before the test starts.</p>
	<p>You will have a little plug put in your nose to measure the air that comes out when you blow</p>
	<p>You will take a deep breath in and blow out through a mouthpiece (resistor) for 15 to 20seconds.</p>
	<p>You will do this a couple of times with both nostrils. Don't worry, you can rest in between each one.</p>
	<p>You might meet the doctor that day to hear the results of the test or you will discuss the results of the test at your next appointment.</p>

Image from: gosh.nhs.uk

How do I get my results?

Test results will be communicated to you by the doctor who ordered the test. We will be billing your insurance for the NO analyzer under fractional excretion of Nitric Oxide. The cost for this test will range from \$130-\$150. Depending on your insurance, this test may not be covered because it is considered “investigational”. If you would like to call your insurance, the following information may be requested, CPT code- 95012, DX code- Q34.8.