

## Rhinomanometry

The purpose of the examination is to measure nasal airflow and resistance.

The examination usually takes about 45 minutes.

### Before examination

You can eat and drink as usual.

Do not smoke one hour before the examination.

Do not take medication for nasal symptoms for 24 hours before the examination. Do not use nasal sprays, lotions or perform nasal rinses on the day of the examination.

To achieve reliable test results, please arrive early enough to sit in the waiting room about 15 to 30 minutes before the examination.

### Examination

In the test, you will breathe through a mask with one nostril blocked with a sponge at a time. A nasal spray will be administered between measurements and the nasal airflow will be measured again.

### Other things to note

Please take your health insurance card (Kela card) or identity card with you.

You will receive the results of the examination from the doctor who treats you.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

If you fall ill with a respiratory tract infection (e.g. common cold or similar) or some other acute illness before the examination, please call the examination location. The examination cannot be performed until about two weeks after you have recovered from the respiratory tract infection.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.

If you do not cancel, you will be charged a fine.