



## Understanding the Results of Your B-type Natriuretic Peptide (BNP) Test



### What is a BNP test?

- A blood test that measures the amount of BNP in your body
- BNP is a hormone that increases when blood pressure or fluid volume in your lung's blood vessels is high



### What do my test results mean?

- A normal BNP level is less than 100 picograms per milliliter (pg/mL)
- High BNP levels (over 100 pg/mL) indicate the need for further evaluation
- High BNP can mean your heart is working harder to manage increased fluid volume and blood pressure
- High BNP is a marker for possible pulmonary arterial hypertension (PAH)



### Why do I have to have the BNP test done more than once?

- Regular monitoring of the BNP level can help guide treatment interventions
- Monitoring the BNP level can let your healthcare provider know if your disease is being managed well



### What do I need to do next?

- Talk with your doctor about what your test results mean for you
- Ask your doctor how you can improve your BNP
- Follow your doctor's recommendations
- Go to regularly scheduled appointments
- Learn more at [Lung.org/pah](http://Lung.org/pah)
- Find support:
  - [Lung HelpLine 1-800-LUNG-USA](http://Lung.org/HelpLine)
  - [Lung.org/better-breathers](http://Lung.org/better-breathers)
  - [Lung.org/pcn](http://Lung.org/pcn)

Questions to ask your healthcare provider: \_\_\_\_\_

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