

**Sweat Test**

Diagnostic Test/Exam  
Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

#95

Name of Child: \_\_\_\_\_ Doctor's name: \_\_\_\_\_

# Sweat Test

A sweat test measures the amount of salt in a person's sweat.

In the disease cystic fibrosis, the sweat is very salty. Cystic fibrosis is an inherited disease. Cystic fibrosis may cause lung and digestive (**gastrointestinal**) problems. The sweat test is one way to tell if your child has cystic fibrosis.

The sweat test cannot tell how mild or serious the disease will be. It does not tell whether the person is only a carrier of the cystic fibrosis gene.

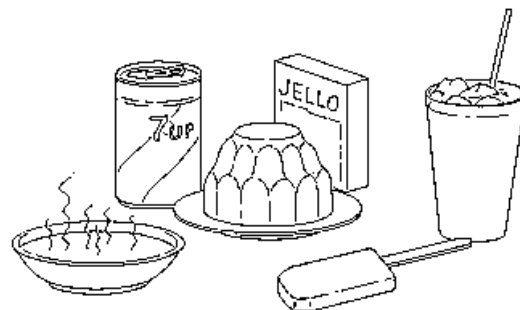
## Getting ready:

Call to make an appointment: 602-546-0314

Date of test: \_\_\_\_\_ Time of test: \_\_\_\_\_

The night before the test, your child should take a bath or shower. Do not put any oil, lotion, cream or powder on your child's skin. They can make it hard to measure the salt in the sweat correctly.

The morning of the test, your child should drink two glasses or bottles of liquid, like milk or water. This will help your child make enough sweat to test.



**Your child should drink  
to make enough sweat for the test.**

Dress your child in clothes that are right for the weather. Your child doesn't have to dress extra warmly to get enough sweat for the test.

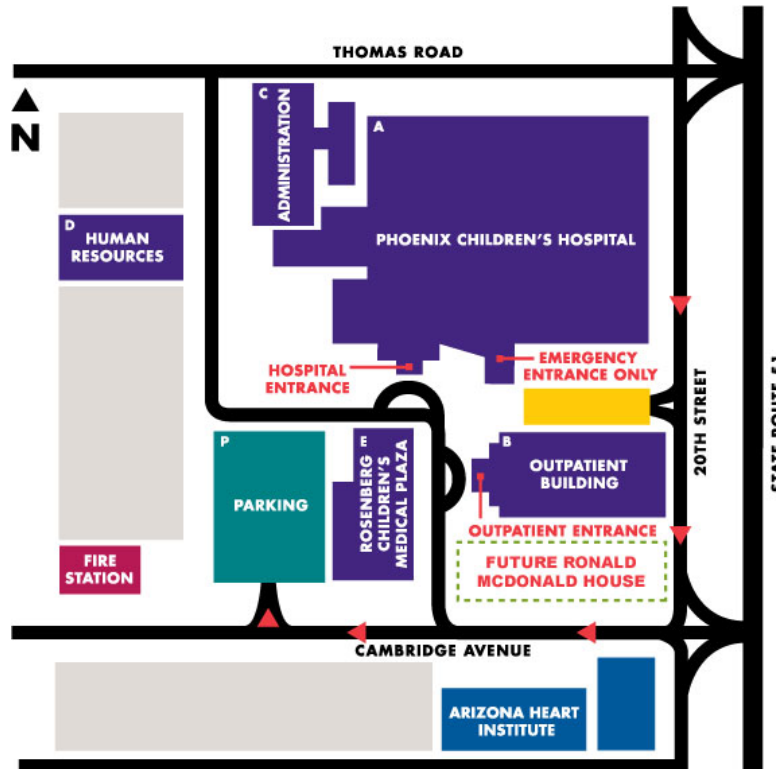
Bring toys your child likes to play with, to help make the time go faster.

Your child's test will be done on the third floor of the Outpatient Building at Phoenix Children's Hospital. Phoenix Children's Hospital is at 1919 East Thomas Road, near 20th Street.

One-half hour before the test, (time: \_\_\_\_\_ ) check in at the front desk.



**Bring toys your child likes to play with to help make the time go faster.**



## During the test:

The sweat test is simple. It takes about twenty minutes to set up. It takes one to two hours to finish collecting the sweat. A lab technician with special training will do the test.

The sweat is collected from a small patch of skin. The patch used may be on your child's arm or thigh.

The patch of skin will be washed, and then cleaned with sterile water. This may feel cool on the skin.

Then two metal disks will be held against the skin for five minutes. The disks will be attached to wires that are connected to a small machine. When the machine is turned on, your child may feel a tingling, like you feel when your foot falls asleep. Some children describe a mild discomfort. In five minutes the machine will be turned off, and the disks will be taken off the skin.



**The lab technician will collect the sweat on a piece of filter paper.**

Then the lab technician will collect the sweat on a piece of filter paper. It will be covered with clear plastic, taped and covered. For the next 30 minutes your child can read or play. Just keep the place where the sweat is being collected dry.

Your child will be able to eat or drink during the test.

When the time is up, the lab technician will take off the tape, plastic and filter paper.

## **After the test:**

The filter paper will be sent to a lab to measure the amount of salt in the sweat that is collected. The lab will usually give the results to your doctor on the next business day.

The lab technician and the lab need to do the sweat test carefully. The more sweat tests a lab has done, the more accurate the results. Sometimes the test needs to be done again just to be sure.

Your doctor's office will call you in two or three business days, with the results.

# Now that you've read this:

Tell your child's nurse or doctor how you will get your child ready for this test. (Check when done.)



If you have any questions or concerns,

call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
866-933-6459  
[www.phoenixchildrens.com](http://www.phoenixchildrens.com)

#### Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, September 24, 2010 • DRAFT in family review  
#95 • Written by Debra A. Carlin, RN • Illustrated by Dennis Swain



## The Emily Center

### Sweat Test

Diagnostic Test/Exam  
Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: \_\_\_\_\_ Number: 95

For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

**Health care providers:** Please teach families with this handout.

**Families:** Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes  No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN  
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The Emily Center  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016

602-546-1395

[flondon@phoenixchildrens.com](mailto:flondon@phoenixchildrens.com)

**Thank you for helping us!**