



**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.

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

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: 602-933-0314

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

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

## Before the test:

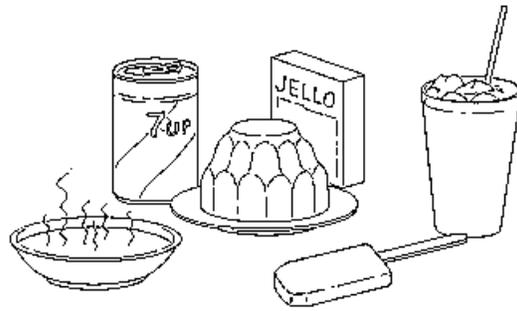
Your child should have plenty of fluids the day before the test. Someone from the lab will call you the day before the test and let you know how much fluid your child will need to take.

Your child should drink fluids like water, juice, and Pedialyte.

For 2 days before the test do not give your child

- soda or other drinks with bubbles,
- coffee, tea or other drinks with caffeine.

If your child is not able to take that amount of fluid, or your child develops a fever, throws up or has loose stool, call 602-933-0314. We will schedule the test for another day.



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

## **The night before the 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 day of the test:**

Dress your child in clothes that are right for the weather.

If your child is an infant, it may be easiest to dress him or her in short sleeves for the test.

Bring toys and books to give your child something to do during the test.

Bring a warm blanket to the test. You will hold your child during the test.

Bring snacks and drinks for your child to have during the test.

Your child's test will be done at Phoenix Children's Hospital. Go to the Main Building at 1919 East Thomas Road, near 20th Street.



**Bring toys and books to give your child something to do during the test.**

## 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 test will be done on two places on the skin, most often both arms. The technician will hold your child's arm and clean the skin with sterile water. This is cold, but does not hurt.

Then two metal disks and moist cloths will be held against the skin for five minutes with an elastic tape. The disks will be attached to wires that are connected to a small machine. When the machine is turned on, your child may feel tingling, like you feel when your foot falls asleep. Most older children do not complain. Sometimes, younger children cry because they do not like having their arm held, or because it feels cold.

Sometimes, the child may get a small burn on their skin from the test. This does not happen often, but if it does, we will give you medicine to put on the skin.

After 5 minutes the machine will be turned off, and the disks will be taken off the skin. The area will be wiped again with sterile water. The technician will then collect the sweat on a small piece of filter paper.

It will then be covered with two layers of plastic and a warm pack and wrapped tightly. Do not do anything to the area with the wraps.

Then the technician will do this again on another place on the skin, usually on the other arm. Each site will collect the sweat for about 30 minutes.

While waiting for the sweat to collect, you can read to or play with your child. Your child may also eat and drink during the test.



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

If you have a baby, we ask that you keep your baby bundled and in your arms to help your baby sweat. We may turn on a heater during the test. Do not touch the heater.

After the test, the technician will take off the tape, plastic, and filter paper. You will be told when you can leave. There is nothing special you need to do to the skin after the testing.

### **After the test:**

The filter paper will be sent to a lab to measure the amount of salt in the sweat. If there is not enough sweat, the test may need to be done again.

Your child's 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  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
[www.theemilycenter.org](http://www.theemilycenter.org)  
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)  
Twitter: @emilycenter  
Pinterest: [pinterest.com/emilycenter](https://www.pinterest.com/emilycenter)

**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.

Tuesday, December 1, 2015 • DRAFT in family review  
#95 • Written by Debra A. Carlin, RN • Illustrated by Dennis Swain and Irene Takamizu

## Sweat Test

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

Date returned: \_\_\_\_\_  db

### 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.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**