

700 Children's Drive
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nationwidechildrens.org

SWEAT CHLORIDE TEST

A sweat chloride test is done to find out how much chloride is in your child's sweat. Too much chloride in the sweat is one sign of some diseases. The results of the test will help your doctor find out what is causing your child's problem.

HOW TO PREPARE FOR THE TEST

- If your child is old enough, explain the test to him.
- Bring a sweatshirt, coat, or a heavy blanket to keep your child warm during the test so he will sweat.
- Bring something to keep your child entertained while the test is being done (books, toys, or games).
- Change your child's diaper, if needed, before the test so that he can stay bundled.
- Be prepared to stay about 2 hours.

HOW THE TEST IS DONE

- A lab technician will select an area on your child's arm for the test. This area will be cleaned with alcohol pads and then dried with gauze.
- Two electrodes (two small disks) with a gel are applied to the area and held in place with Velcro® straps.
- A machine that gives off a small amount of electricity is attached to the electrodes. This causes your child to sweat. There may be a slight pricking feeling at this time, which is normal. However, if it gets uncomfortable for your child, tell the technician. This part of the test takes about 5 minutes.
- The electrodes and machine are then removed and the arm is washed again with deionized water.
- A disk containing a tube to collect sweat is put exactly where one of the electrodes was and held in place by the Velcro strap. Plastic wrap or tape may be used to help hold the disk in place.
- The disk is left in place for 30 minutes.
- The tube containing the sweat is removed. The sweat is put in a small test tube.

For Outpatient Use Only

Child's name _____

APPOINTMENT:

Date _____ Time _____

Please come to the Outpatient Care Center, 555 South 18th Street.

- Outpatient Lab Registration Desk, Lower Level.
- Fifth Floor Registration Desk.

Please come 15 minutes early to allow time to register.



Picture 1 Having a sweat chloride test.

HOW THE TEST IS DONE (continued)

- The Velcro straps are undone and the disk is removed.
- If not enough sweat is collected, the test may need to be repeated that day or rescheduled for another day.

DURING THE TEST

Your child must stay covered and warm for 30 minutes while the sweat collector is on. Quiet entertainment will help keep him covered and content in bed or on your lap.

AFTER THE TEST

- The disk containing the sweat is sent to the lab. The results of the test will be sent to your doctor.
- Your doctor will explain the results of the test to you in 2 to 4 days.

If you have any questions, be sure to ask your doctor or technician.