

Pathology Directorate

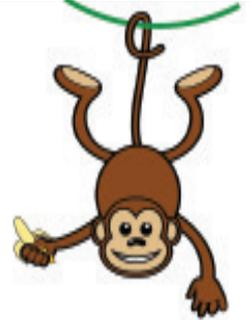
Sweat Test

Information for children, young people and carers



What is a sweat test?

A sweat test measures the amount of salt present in a person's sweat. A small amount of sweat is collected from the lower arm. It may be necessary to use the upper leg in very small babies.



Why is a sweat test necessary?

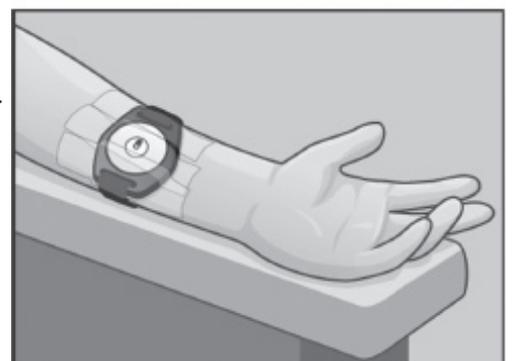
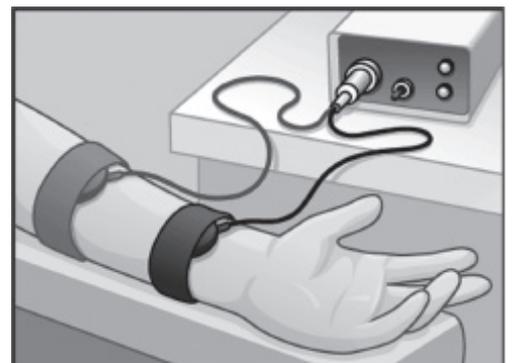
When a baby or child has one or more of the following:

1. Repeated chest infections.
2. Unexplained episodes of diarrhoea.
3. Not putting on weight / growing well.

Your doctor will consider the possible causes for these symptoms. In these circumstances a sweat test is arranged to confirm a condition called Cystic Fibrosis is not the cause.

How is a sweat test performed?

1. An area of skin on the arm or leg is cleaned using a sterile wipe and water.
2. Two Pilocarpine gels (used to induce sweating) are placed on the skin and held in place using a Velcro strap. The area is stimulated using a battery operated sweat inducer to help the Pilocarpine get into the skin. The sweat inducer produces a small current that creates a tingling feeling under the gel.
3. The gels are removed after 5 minutes, the remaining fluid is removed and the collection area is cleaned using pure water.
4. Once dry a small blue coil device is placed on the arm exactly where the red gel was. This is held in place using Velcro straps.
5. The coil collects the sweat for 45 minutes, usually checked after 20-25 minutes to ensure it doesn't fill too quickly and leak. After 45 minutes the coil is removed and sweat is collected into a container.
6. Following completion of the test you may notice the area of skin that was stimulated is red. This is normal and the redness may last a few hours. In rare cases (about 1 in 50,000) a skin burn may occur (Wescor Inc.1999).



How long will it take?

The whole process usually takes one hour.

Sweat test results

The results are usually available within seven days. Occasionally it may be necessary to repeat the tests but this does not necessarily mean a child has Cystic Fibrosis. Sometimes results are borderline and a repeat test is essential.

What should you bring along?

Warm clothing: Please bring a top with long sleeves that is easy to get on and off.

Toys: There are toys available to distract children from the tingling sensation. On occasions they may not be available so please bring with you a favourite toy or game. Babies can be breast or bottle fed during the test.

Where and when is the test?

An appointment letter will be sent in the post. Please read it carefully for the exact date, time and where to go.

Contact details

Children's Out-patient Department, Acre Mill, Huddersfield. Telephone No: 01484 343210

Where can I get more information?

Cystic Fibrosis Trust

Tel: 0300 373 1000

Website: www.cftrust.org

If you have any comments about this leaflet or the service you have received you can contact :

Senior Biomedical Scientist Clinical Biochemistry
Department of Blood Sciences Pathology
Huddersfield Royal Infirmary
Telephone No: 01484 342127

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"



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