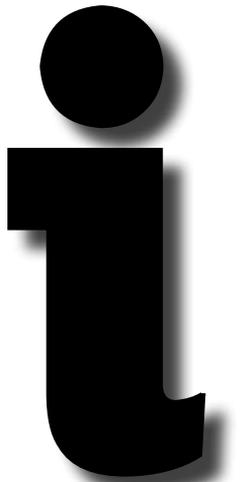


# Sweat Test - Information for parents



## What is a sweat test?

Your doctor has asked for a sweat test on your child. The sweat test is usually done on children who have repeated chest infections or unexplained bouts of diarrhoea, or who are not gaining weight or growing well. The sweat test is done so that the concentration of salt in the sweat can be measured. The collection of sweat is usually made from the arm (but sometimes a leg is used) and takes about one hour.

## How is the test done?

- A small area of skin is cleaned with water and dried.
- Two electrodes, one red and one black, are put on the arm (or leg). Electrodes are small sticky pads and have discs of gel under them, which contain a chemical to encourage sweating.
- A very small electrical current is turned on for 5 minutes and the chemical causes sweating in the skin under the red electrode. Your child may feel a slight tingling sensation, but often nothing is noticed at all.
- The electrodes are then taken off and the skin is again cleaned and dried. The circle of skin under the red electrode will be bright pink.
- A sweat collecting device (which looks rather like a watch), is then strapped over the pink circle of skin. We may have to keep it firmly in place with a bandage. Sweating carries on for between 15 and 30 minutes, and a check is kept on how much sweat has been collected. This is easy because the sweat turns blue in the collecting device and we can see how much is there.
- At the end of the test, the sweat is carefully removed and taken to the laboratory for detailed analysis.

## When will we know the results?

The result will be with the doctor when he next sees you and your child, and he will discuss it with you. If the test is borderline or positive, a second sweat test will need to be done.

If you have any queries, please contact your child's doctor (paediatrician).

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.