

**Further information can be obtained from:**

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's Day Services	01438 286315
Children's A&E, Lister	01438 284333
Patient Advice and Liaison Service	01438 285811

The information in this leaflet was taken from [www.cks.nhs.uk](http://www.cks.nhs.uk) and [www.gosh.nhs.uk](http://www.gosh.nhs.uk)

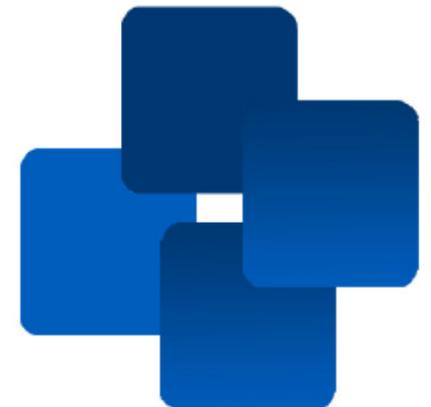
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## Sweat Test

### Child Health Patient Information Leaflet



## Introduction

The purpose of this leaflet is to explain why a doctor might request a sweat test and what the test involves.

## Why is the sweat test carried out?

A sweat test is carried out to investigate the condition of children or adults who:

- Have recurrent chest infections.
- Have frequent and unexplained pale stools.
- Have difficulty/problems gaining weight or growing properly.

The sweat test is also a help to doctors in the process of ruling out or diagnosing Cystic Fibrosis (CF). However, a diagnosis of CF will take into account other symptoms, clinical findings and test results. It is important to diagnose CF as soon as possible in order to begin appropriate treatment.

## Who does the test and where?

The sweat test is done by a nurse on the Children's Day Services at the Lister Hospital in Stevenage.

## Does the test hurt?

Some people experience a tingling sensation on the arm or leg where the sweat has been collected. No needles are involved.

## What happens during the test?

- Your arm is cleaned with sterile water.
- It is then dried and two pilocarpine pads are secured to the arm with velcro straps. Pilocarpine stimulates sweat production.
- A harmless and painless current is passed through the pads from a battery box to further stimulate the sweating process.
- The current is applied for five minutes and then the pads are removed. A collecting disc is then applied to the stimulated area, secured tightly with a velcro strap and left for 30 minutes.
- Your child may play or relax as you wish during this collection time.
- The test is then complete and sent to the laboratory for analysis.

## What about the results ?

In most cases the results will clearly show the level of salt in the sweat:

- Normal
- High (abnormal)

Sometimes the results can be borderline and the test will need to be repeated. Sometimes the test may need to be repeated for technical reasons, such as not enough sweat being collected.

Results of the sweat test can be obtained from the doctor who has requested the test. The doctor will discuss the test results and any further questions you may have.