

SWEAT TESTING

Helpful information for parents and children

Quick facts to know:

- Sweat testing is a safe, reliable test for diagnosing cystic fibrosis (CF).
- The test is done by collecting some of your child's sweat to measure the amount of chloride (salt) in the sweat.
- There are no needles used in this test.
- Your child should be well hydrated when he or she comes for the test.
- The test takes about 1 hour.

Home Preparation:

No special preparation is needed for this test, but you should make sure your child drinks or nurses in the hours before the test so he or she is well hydrated.

Your child should not use any creams or lotions on the skin for 24 hours before the test.

Your child may take his or her regular medications as usual on the day of the test as they will not affect the test results.

Your child may wear normal clothes to the test.

What happens during a sweat test?:

First, a colorless, odorless chemical, that causes sweating, is put on a small area on your child's limbs (usually arms, sometimes legs). An electrode is then put over that spot. This lets the technician apply a weak electrical current to the area to cause sweating. Your child may feel tingling in the area, or a feeling of warmth, but the test does not hurt.

Next, after cleaning the area, sweat is collected for 30 minutes in a plastic coil. The collected sweat is sent to a hospital laboratory to measure how much chloride is in the sweat.



What does the sweat test show?

Children with CF have more chloride (salt) in their sweat than those who do not have CF. A positive result means that the sweat chloride was high. A negative result means the sweat chloride was low. Sweat test chloride values do not change from positive to negative or negative to positive, as a person grows older. Sweat test values also generally do not vary when a person has a cold or other brief illness.

When will I know the results of the sweat test?

Generally with 10 days of collection.

A video that further explains the sweat test and shows how it is done can be found at

www.cff.org/AboutCF/Testing/NewbornScreening/SweatTest/