



The Dudley Group
NHS Foundation Trust

Sweat tests: information for patients, parents and carers

Department of Clinical Biochemistry Patient Information Leaflet

An appointment has been made at the Pathology Laboratory,
Russells Hall Hospital.

**The laboratory is located on the first floor, west wing, adjacent
to Ward B6.**

For on
..... at..... am.

- **If you cannot attend this appointment, please telephone the Pathology Laboratory at Russells Hall Hospital on 01384 456111 ext. 2482.**
- **Please bring the request form with you and report to Pathology reception.**

What is a sweat test?

A sweat test measures the amount of salt in sweat.

Why is it performed?

The test may be carried out on children or adults who are having recurrent chest infections, unexplained pale stools or diarrhoea, or who are not gaining weight or growing properly.

A positive result may be consistent with a diagnosis of Cystic Fibrosis (CF), but the final diagnosis will take into account other symptoms, clinical findings and other test results. A normal result will be helpful in ruling out CF, as children and adults with CF have an increased amount of salt in their sweat.

How is the sweat test carried out?

A small area of skin, usually on the arm or leg, is cleaned with water and a special gel is applied, which contains a solution to stimulate sweating. A small electrical current from a battery box is then applied for about five minutes to stimulate the sweating process.

The gels are removed and sweat is collected for about 20 minutes from the stimulated area of skin into a plastic watch-like vessel containing rubber tubing. During this time, patients will be free to read and eat, although any salty food such as crisps should be avoided to minimise the risk of contamination. The plastic vessel is then removed and taken to the laboratory for analysis. You will then be free to leave the department.

Please note: if creams or lotions are regularly used on the patient's skin, or if the patient has eczema, psoriasis or another skin condition, we may be unable to do the test. Please discuss this with your hospital consultant before you attend for the sweat test.

Does it hurt?

A slight tingling sensation may be felt and the area that is stimulated may stay red for a few hours after the test, but this is perfectly normal.

How long will the test take?

The whole process takes around 45 minutes, although sometimes we may have to repeat the test the same day, or at a later date, if insufficient sweat is collected or if the results are borderline.

What happens next?

The result will be sent to your hospital consultant who will then write to you or contact you to discuss the results of the test.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Clinical Biochemistry

Russells Hall Hospital switchboard number: 01384 456111
ext. 2081

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/pathology/>

If you have any feedback on this patient information leaflet,
please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔