

PATIENT INFORMATION SHEET SWEAT TESTING

Dear

Your doctor has requested that a sweat test be performed on your self. An appointment has been made on your behalf on

Please bring your medicare card, the referring letter or request form for the sweat test with you.

Please come to Pathology Collection on the ground floor . As an appointment has been made for you please present to the reception window and ensure you tell the staff member that you are here for a sweat test.

IMPORTANT INSTRUCTIONS

1. Please ensure that you arrive at Pathology Collection warm and well wrapped.
2. Your arm should be clean, with no lotions, creams or powder.
3. There are no dietary restrictions (it is okay to eat normal meals).
4. It is okay to take all medications (except diuretics) the day of the test.
5. Be prepared to drink a lot of fluid (water, juice, etc.) before and during the test.
6. Bring a heavy coat, jumper or blanket to encourage sweating during the test.

GENERAL INFORMATION

A Sweat Test (or Sweat Electrolyte Measurement) determines the concentration of sodium and chloride (salt) in your sweat. It is used to rule out Cystic Fibrosis (CF), a genetic (inherited) disease.

ABOUT THE TEST

The sweat test is performed by placing a device on one arm to stimulate the sweat glands. A very small electrical current is passed through the device for 6 minutes. This creates a warm, itchy sensation. Sweat is then collected over the next 30 minutes in a sweat collecting device which is bandaged over the arm. While this device is on we ask that you drink a lot of fluid. After this period the sweat collecting device is then removed. You may notice a reddened area at the site of the sweat collection device. This will usually resolve over the day. If an insufficient amount of sweat was obtained (a small percent of people do not sweat enough), the test will be repeated on the other arm.

COMPLICATIONS

As the sweat glands are stimulated by this chemical and an electrode there is a small risk of burning of the skin.

SWEAT TESTING RESULTS:

The results of this test are generally available on the same day the test is done. Results can only be given to the referring doctor.. A printed copy of results of your sweat test will be forwarded to your doctor 1-3 days after the test.

FURTHER QUERIES?

If you have any questions about this test for which you are scheduled to take, please call the Pathology Collection Department on 9345 5821, Monday through Friday, 8:30 a.m. to 4.0 p.m.

Reference Document BI-M-024

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