Sweat Chloride Test

Information for patients and parents

Your doctor has requested this test to measure the amount of salt (sodium chloride) in a sample of sweat from you or your child.

> **You have an appointment for a Sweat Chloride Test**
>
> on _____ (date) at _____ (time).
>
> **When you arrive at McMaster Children's Hospital, come to the 3F Clinic (3rd floor, red section).**

It is important to be on time. If you miss your appointment or are more than 30 minutes late, you will need to reschedule.

If you cannot keep this appointment, please call 905-521-2100, ext. 78517 as soon as possible.

Before the test

- Do not use lotions or creams on the skin on the day of your test.

- Eat and drink as usual before the test. Do not limit fluids as this reduces sweating, making the test less effective.

- To encourage sweating during the test, bring a warm blanket, shawl or sweater with loose sleeves. A hat will help a young child keep warm.

- **Please bring your Health Card (or your child's Health Card).**

What to expect

- **Plan to be at the hospital for about 1 hour.**

- A Medical Laboratory Assistant (MLA) will meet with you for 10 to 15 minutes at the start of your appointment.

- To make the skin sweat, the MLA will put a medication on your right arm (or leg for small babies) using an electrode. **No needles are used. This is not painful.** There may be a tingling feeling for about 5 minutes. During this time, please keep your arm (or your baby's leg) still.

- A sweat collector, called a macroduct, will be fastened to your arm (or your baby's leg) using a Velcro band. This stays in place for 30 to 45 minutes. You will spend this time in the waiting room.

- To get the best possible sample, stay warm. Do not touch the macroduct as this may cause the sample to be lost and you would need to reschedule the test.

- After the waiting period, the MLA will bring you back from the waiting room and retrieve the sample of sweat.

- The sample will be sent to the laboratory. Sweat Chloride Tests are usually processed on Thursday afternoons.

- The results will be sent to your doctor.