

The alternatives of the procedure:

The sweat test is the Gold Standard test for cystic fibrosis. It is quick, reliable and safe.

The consequences of not having the procedure:

If your child does not have the sweat test your consultant may not be able to rule out Cystic Fibrosis as a cause of your child's symptoms. Failure to do so may cause your child to have an incorrect diagnosis for their medical condition and therefore may receive inappropriate treatment.

Please note:

Occasionally your infant/child may not sweat enough for the test to give an accurate result. In this case the test will need be repeated at a later date, this will be organised before you leave.

If you have any questions or concerns about the sweat test you can contact your child's Consultant or the Paediatric Respiratory Nurses to discuss your anxieties before the test. The Paediatric Respiratory Nurses can be contacted through the numbers below:

Whiston Hospital: 0151-430-1938 / 0151-430-1453

Ormskirk Hospital: 01695-656-066 / 01695-656-343

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Southport & Formby Hospital
Town Lane, Kew,
Southport, Merseyside, PR8 6PN
Telephone: 01704 547 471

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**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Sweat Test

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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The reasons for the procedure:

A sweat test is used as a basic screening test to check for a disease called Cystic Fibrosis. It is much better to identify the condition early so that appropriate treatment can be started.

Children with Cystic Fibrosis are known to have increased amounts of salt in their sweat. We carry out many of these tests every week for infants and children who have recurrent chest infections or who have faltering growth.

The nature of the procedure

- A sweat test measures the amount of salt in the sweat. First a small area of skin on the arm or leg is cleaned and two disks of a special jelly (pilocarpine) are placed on the skin a few inches apart.
- The disks are connected to a battery, which passes a tiny electric current between them. After about five minutes the skin under the disks should be sweating nicely, the disks can now be removed and skin dried.
- A special device is put over the place where the sweating has taken place and the new sweat is then absorbed into special paper or device.
- The device used over the skin is similar to a small watch. The test takes 30 minutes to one hour to complete, sometimes longer if your child does not sweat adequately.
- The results are usually available and sent to your Consultant within a few days. Arrangements will be made as to how best to contact you with the results. If the result is abnormal or the test needs repeating for some reason your Consultant Paediatrician or the Respiratory Nurse Specialist will contact you to discuss the implications for your child.

The benefits of the procedure

The sweat test will enable your doctor to screen for Cystic Fibrosis for your child. **A sweat test is a simple screening test**, which is carried out for most infants and children who have a medical history of chest/respiratory symptoms, poor weight gain and/or diarrhoea.

Common in very small babies as they do not sweat very well. It may also be difficult to obtain enough sweat on children with eczema. **On rare occasions** if the result is not suitable to make a definite diagnosis the test will be repeated at Alder Hey Children's Hospital.

The risks of the procedure:

On rare occasions, we are unable to collect enough sweat for adequate analysis. If this happens we will have to repeat the test at a later date. This problem is more common in very small babies as they do not sweat very well. It may also be difficult to obtain enough sweat on children with eczema.

If the test is completed and the result is not suitable to make a definite diagnosis the test will be repeated at Alder Hey Children's Hospital.

Sweat testing is very safe and many thousands of children have the test each year without any problem. There is a very slight risk of a tiny superficial burn to the skin. Young babies less than 6 weeks old are most at risk.

The discomforts of the procedure:

The test only usually causes slight tingling sensation. It is very unusual for a child to become distressed during the procedure. The infant or child can continue to eat, drink and play whilst conducting the test.

