

### What is a sweat test?

Your doctor has asked us to give your child a sweat test. In this test, we collect a small amount of sweat from skin and test it to see if your child has a condition called Cystic Fibrosis (CF). Cystic Fibrosis is a genetic disease that affects the lungs and digestive system.

### How is it done?

The sweat is collected by applying a very small electrical current to your child's skin along with a chemical called Pilocarpine, which helps to cause sweating. The test is usually done on your child's arm or leg. The collection procedure will be explained to you prior to commencement.

### How long does it take?

The sweat test usually takes about 30 minutes to an hour.

### What do I need to bring?

- Your pathology request form from your doctor.
- Extra clothing to assist sweating for your child even if it is a hot day i.e. long pants, long sleeved jumper, beanie or a blanket.

### Does it hurt, is it safe?

Sweat testing is a very safe procedure and thousands of children have the test without any problem. It usually causes only minor discomfort. Because the child's skin heats up over a small area during the test, there may be a very slight risk of minor skin irritation. Young babies less than six weeks old are most affected.

On rare occasions when we cannot collect enough sweat for the test, a repeat test will be scheduled for a later date.

### Remember

- Sweat testing is a safe procedure.
- The test may have to be repeated if not enough sweat is collected.
- **This test should only be performed at a recognised centre for sweat testing.**

### Appointment details

Please make an appointment for this test.

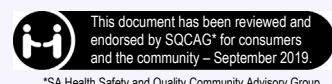
To book call SA Pathology on 8222 3000.

Date \_\_\_\_\_

Time \_\_\_\_\_

### Patient Centres

For Patient Centre locations and latest opening hours visit our website [www.sapathology.sa.gov.au](http://www.sapathology.sa.gov.au) or phone (08) 8222 3000.



\*SA Health Safety and Quality Community Advisory Group