Sweat Chloride Test

The Sweat Chloride test is performed to confirm or rule out a diagnosis of cystic fibrosis (CF), a chronic lung condition. CF is often clinically suspected when there is poor growth during infancy or recurrent serious intestinal or respiratory diseases in a toddler or young child. For more information on CF, visit www.cff.org.

**HOW IS THE SWEAT CHLORIDE TEST DONE?**

The Sweat Test is a simple, painless diagnostic procedure that determines the amount of salt (sodium and chloride) in a person’s sweat. People with cystic fibrosis have 2 to 5 times the normal amount of sodium and chloride in their sweat.

- The test is usually done on the right and left arm or thigh.

- Two small gauze pads are placed on the skin. One pad is soaked with a medication called pilocarpine, which makes the skin sweat. The other pad is soaked with salt water.

- Electrodes that transmit a mild electric current, which pushes the medication into the skin, are placed over the gauze pads.

- After 5 to 10 minutes, the gauze pads and electrodes are removed. The skin will look red in the area under the pad.

- A new pad is taped to the red patch of skin and covered with plastic or wax to prevent fluid loss.

- The new pad will soak up the sweat for up to 30 minutes, and then it will be removed.

**PREPARING FOR THE TEST**

Your doctor has ordered the Sweat Chloride Test. This test is done by appointment only.

**To successfully prepare for and complete your test:**

- The lab needs to have an order for this test. Ask your doctor if you will be receiving an order to bring with you or if the order will be faxed to the Patient Service Center.

- To ensure the patient produces an adequate amount of sweat during the test, it’s important that the patient drinks a normal amount of fluid for several days prior to the test.

- The patient should wear warm clothing for the test and bring a coat to the appointment as well.

- Do not apply creams or lotions to the skin within 24 hours of testing.

- Please allow at least one hour for the test.

- To help occupy children, please bring a pacifier or bottle for infants and a book or quiet toy for older children.

- Once the test begins, patients may not leave the Patient Service Center until the test is finished.

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AFTER THE TEST
The electric current may cause skin redness and excess sweating for a short time after the test is done. More significant skin irritation such as mild, localized blistering is rare and should be reported to your physician. Results of the test are available to the physician’s office the same day the test is conducted.

OUR EXPERTISE
Our Patient Service Center staff is made up of skilled, experienced and caring individuals, who make every effort to ensure the patient is as relaxed and comfortable as possible during the procedure.

TO SCHEDULE AN APPOINTMENT
Sweat Chloride tests are performed by appointment only on Thursday mornings at our RiverBend Patient Service Center. Please call 541-222-8203 to schedule an appointment.

PeaceHealth Laboratories
RiverBend Pavilion Patient Service Center
3377 RiverBend Drive
Springfield, OR 97477

ABOUT BILLING
Your doctor will likely choose to have PeaceHealth Laboratories bill you or your insurance carrier directly. We bill most insurance carriers. If you have questions about your bill, please call us at 541-341-8021 or 800-826-3616.