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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# Sweat Test

## Department of Paediatrics



# Sweat Test

## What is this test for?

Your doctor has referred your child for a sweat test which is a test to exclude the diagnosis of Cystic Fibrosis.

## Why this test?

Your doctor has chosen this test as it is a key investigation which could help, together with other information, support or exclude the diagnosis of Cystic Fibrosis.

## What is Cystic Fibrosis?

Cystic Fibrosis is an inherited condition causing some of the body's glands to produce thicker and stickier secretions than normal. Symptoms include recurrent chest infections difficulty in weight gain and diarrhoea. The disease's severity varies greatly.

## How do I prepare for the test?

Please ensure your child's clothing allows easy access to the forearm (e.g. T-shirt) and bring a jumper to help your child sweat.

## What is involved in the test?

A small area of skin on the forearm (or sometimes leg) is cleaned and then two gel discs containing a drug to stimulate sweating are applied. The drug is drawn into the sweat glands by application of a small electrical current from a torch-sized battery causing localised sweating. After 5 minutes the discs are removed and the skin cleaned. A collecting device which resembles a watch is then applied to the stimulated area of skin for 30 minutes, during which time your child is free to play, read or eat (although salty food such as crisps should be avoided). It is normal for the skin to appear red where the skin has been stimulated which should fade within a few hours. Some children may experience a minor

tingling sensation, similar to a low setting on a 'Tens machine'. You will be able to stay with your child throughout the test and there are no needles involved.

## What will happen after the test?

The sweat is sent to the laboratory for analysis. Should a result be abnormal, you will be informed at the earliest possible opportunity by your Consultant or a member of his/her team. Occasionally the test needs to be repeated due to an inconclusive result or for technical reasons such as insufficient sample. Otherwise results will be available for discussion at your next clinic appointment, or contact your consultant's secretary one week after the test.

## Do I have anyone to contact?

If you have any further questions about the process of doing the sweat test, please contact Children's Outpatients on 01932 723665 or your consultant if you have further questions regarding the need for a sweat test.

Further information:

Cystic Fibrosis Trust, 11 London Road, Bromley, Kent, BR1 1BY  
Switchboard: 020 8464 7211, <http://www.cftrust.org.uk>  
<http://www.nhs.uk/conditions/cystic-fibrosis>

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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