

Contact us

For more information,
contact your local point of service.

You must book an appointment through the appointment centre at one of the following facilities (depending on your region):

- CISSS du Bas-Saint-Laurent – **Rimouski** facility
(Hôpital Régional de Rimouski)
- CISSS Bas-Saint-Laurent – **Rivière-du-Loup** facility
(Centre de Santé du Grand-Portage)
- CISSS de la Gaspésie – **Maria** facility
(Hôpital de Maria)
- CISSS de la Gaspésie – **Gaspé** facility
(Hôpital de Gaspé)


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Centre intégré
de santé
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du Bas-Saint-Laurent

Québec 

Status: Approved 2024-12-05
OPTI-DE-015 v2

User Instructions

Sweat Test Information for Parents

Department of Laboratory Medicine

OPTI-DE-015



Your doctor has requested a sweat test.

This test is often requested for children with stunted growth (height and weight) and/or frequent coughs. Its purpose is to confirm or rule out a diagnosis of cystic fibrosis.

A sweat test involves measuring the concentration of chlorine in sweat. Children with cystic fibrosis have higher levels of chlorine and sodium in their sweat.

This test is painless and safe. However, the child may feel a slight tingling sensation during stimulation.

This brochure explains how the test works and how to prepare for it.

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INSTRUCTIONS

- Reschedule the appointment if your child shows symptoms of fever, contagious illness, gastroenteritis, eczema or severe psoriasis on the arms or legs (infants).
- This test is by appointment only.
- If you are referred by the cystic fibrosis clinic in the context of the Québec Neonatal Blood and Urine Screening Program (QNBUSP), the nurse at the clinic will tell you when your appointment is. Only Hôpital Régional de Rimouski is authorized to perform the test in this context.

FOR 2 WEEKS BEFORE THE APPOINTMENT

1. Keep your child well hydrated by regularly offering fluids.
2. Apply moisturizing cream to your child's skin.

24 HOURS BEFORE THE TEST

1. Your child can eat and take all their usual medication, if any.
2. Do **NOT** apply moisturizer, sunscreen, oil, powder or cortisone cream to your child's arms or legs.

TEST PROCEDURE

Go to the specimen collection centre at the facility where you made your appointment.

Have your child's prescription and valid hospital or health insurance card (RAMQ) on hand.

SWEAT TEST

STEP 1: Stimulation (5 minutes). The sweat glands are stimulated by two electrodes attached to your child's arm or thigh. A very small electric current is applied. Stimulation lasts about 5 minutes. Some redness may appear in the stimulated area. This step is painless, although it may tickle a bit.

STEP 2: Sweat collection (30 minutes). Sweat collection is done with a sweat collector and takes 30 minutes. The sweat collector is placed on the stimulated area and held in place with a hook-and-loop fastener and transparent tape. During this phase, your child can play, eat and drink. The collector is then gently removed, and the sweat collected in a container for chloride measurement.

STEP 3: Coulometric measurement of chloride and validation by the biochemist.

RESULTS: The final results are sent to your doctor only. Only the doctor can disclose the results of the test.

