Your child's doctor has asked the laboratory to do a "sweat test." This test is done to diagnose a disease called cystic fibrosis. With cystic fibrosis, there is too much salt in the sweat. Cystic fibrosis is a disease that mainly affects the lungs and digestive system.

To Schedule a Sweat Chloride Test:

Please call the Contact Center at (816) 234-3700 to schedule a sweat chloride test for any of our locations. The appointment will last about 1 hour.

Performing the Test:

Two areas on your child's arms or legs will be cleaned with water. Small electrodes will be placed on these two areas to stimulate the skin to sweat. Your child will feel a small tickling or "bubbling." A piece of gauze will be placed on each area to collect the sweat. It will stay in place for half an hour. The lab will test the sweat that has been collected. The area on your child's skin may be red and raised after the sweat collection is done. This will fade in 2 to 3 hours. In rare cases, burns can occur at either electrode site. They can be tiny black dots the size of pinholes or large reddened areas. If a burn does occur, your child will be given appropriate medical care to treat the area.

Sometimes, it is hard to get enough sweat to do the test. This often happens in very young children. If this happens, your doctor will probably reschedule your child for a future test.

Getting the Test Results:

Your child's doctor will tell you when to call for test results. Depending on the results, additional tests may be ordered.

Remember, the laboratory can only give results to your doctor. If you have questions, please call your doctor or the Children's Mercy Hospital Information Line at (816) 234-3188.