

Having a Sweat Test at Children's National

October 2017

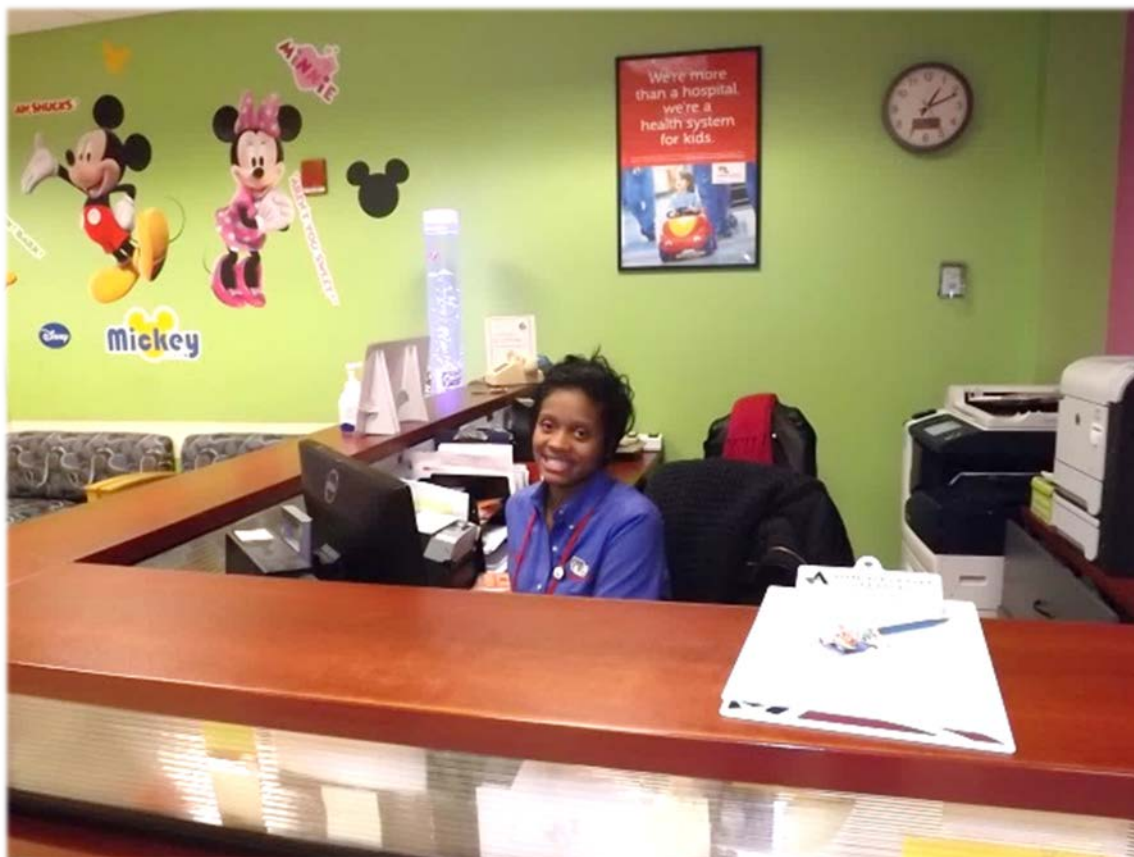


Hi. I am Savannah.

I am going to have a sweat test to make sure I am healthy.
My mom, dad, or caregiver will be with me the whole time!



First, I arrive at the lab.



Next, I check in at the desk.



Then, I will get an ID bracelet on my wrist or ankle so my phlebotomist will know who I am.



I can watch TV, play a game, or do an activity while I wait for my name to be called.



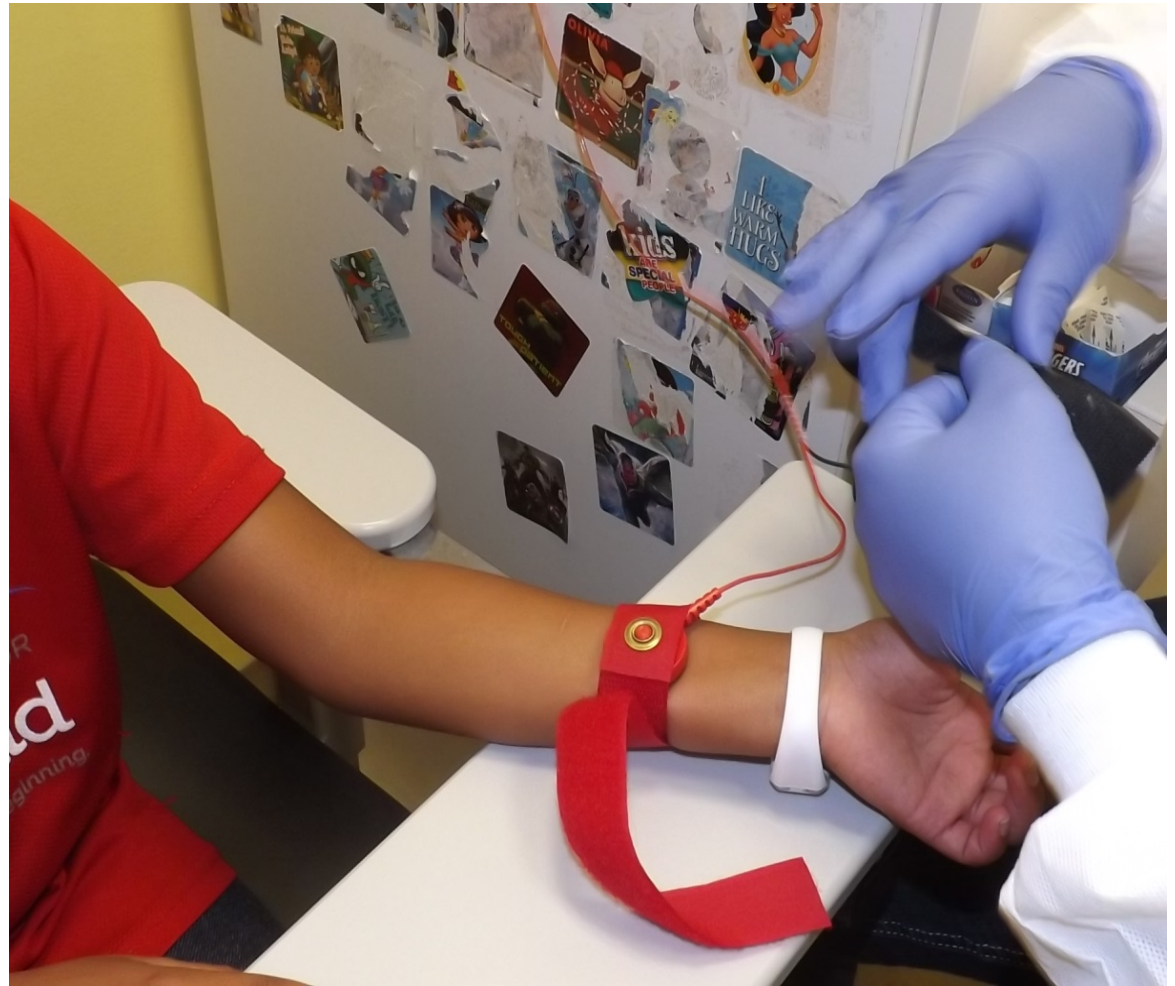
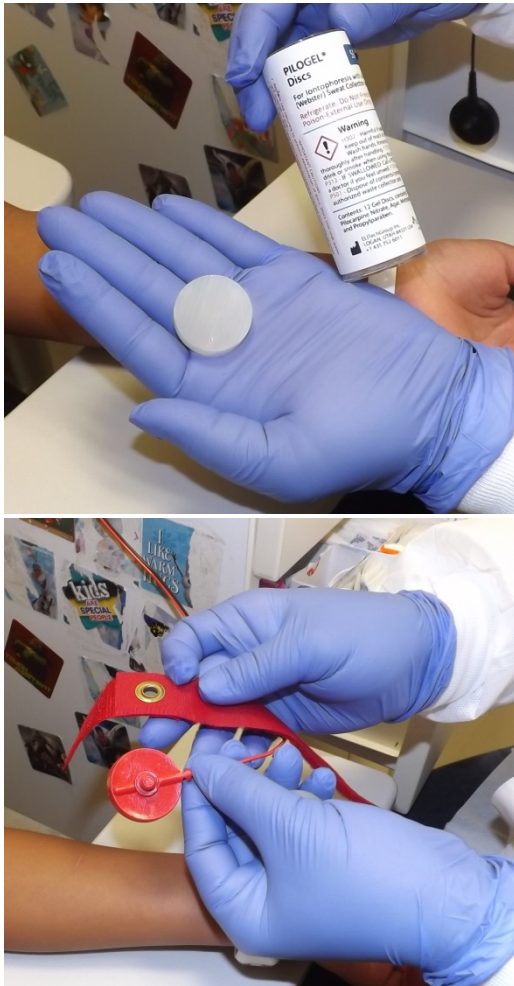
My phlebotomist will call my name and I will go sit in a chair.



I will wrap up in a warm blanket and a heat pack will be put on each arm.



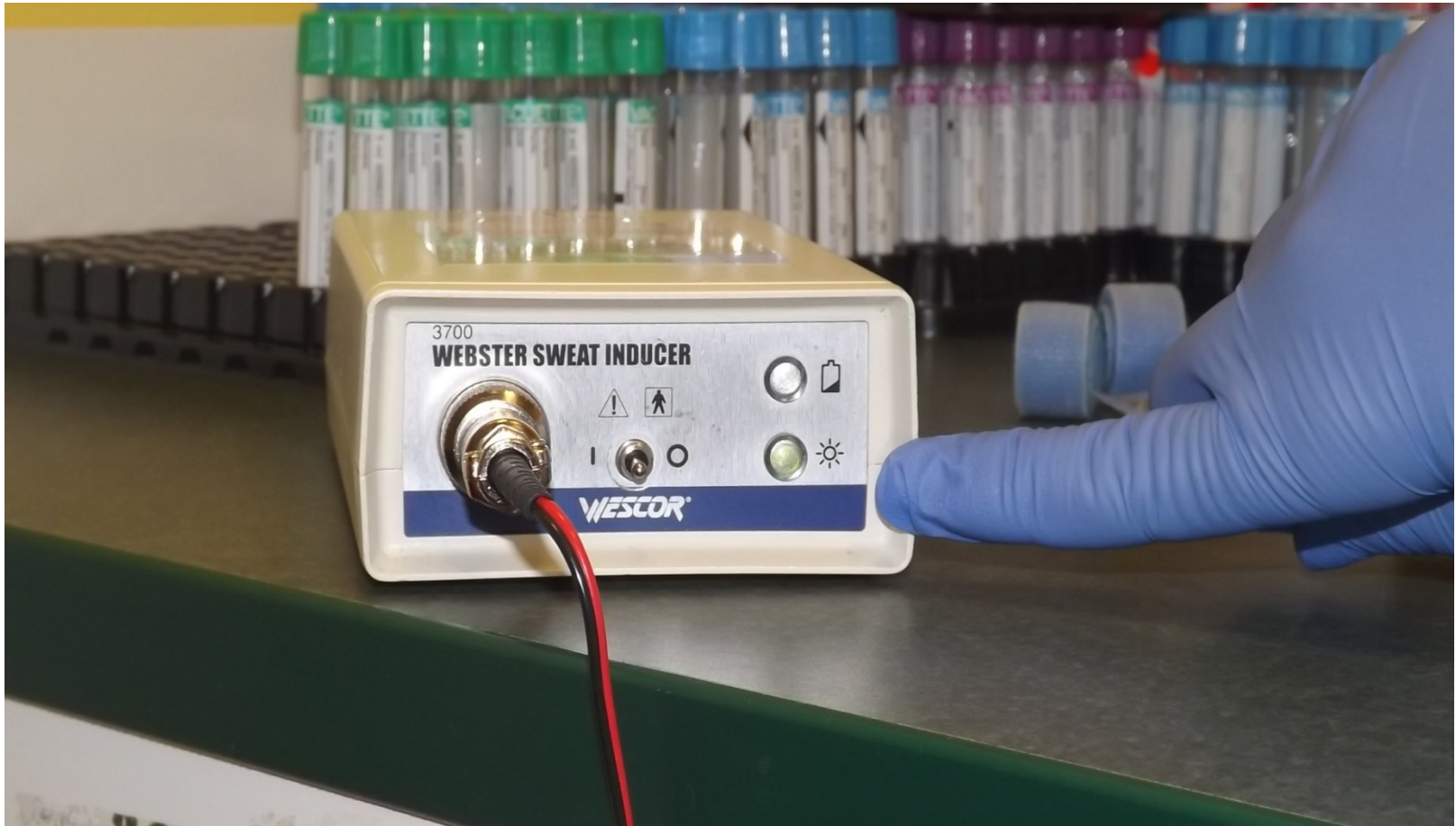
The sweat test will be one arm at a time.
The phlebotomist will take my left arm out of the warm blanket and clean part of my arm two times, then wipe the area with water.



My phlebotomist will then place a red bracelet with a gel tab near my wrist.



The phlebotomist will use a pen to mark my skin.
Then, I will get a black bracelet above the red bracelet,
closer to my elbow.



The phlebotomist will turn on a small machine connected to the red and black bracelets. This lasts 5 minutes. It may feel tingly and cold while on. It will beep when it is done.



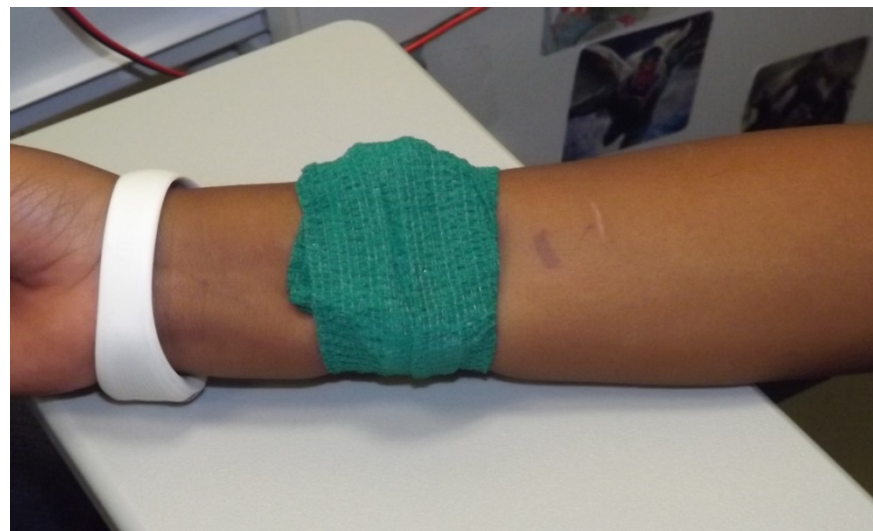
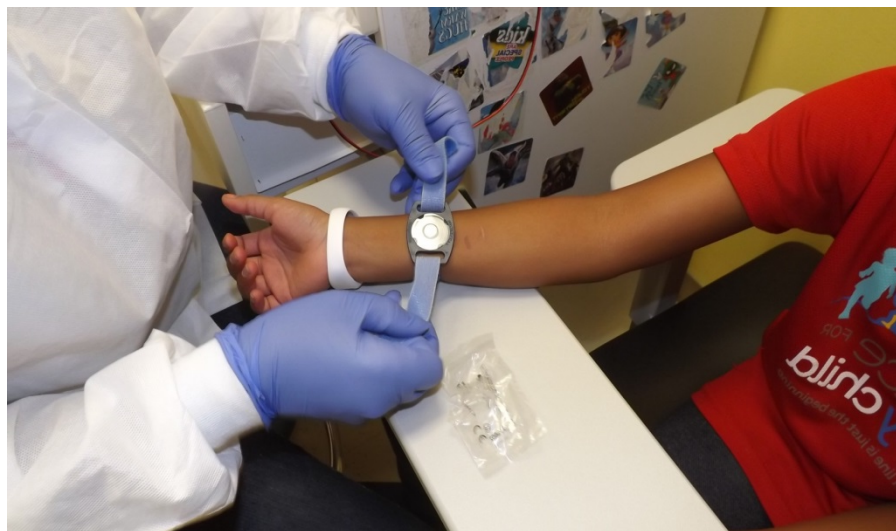
After the machine beeps, my phlebotomist will remove the red and black bracelets and wipe my arm with clean water. Then, a blue bracelet with a white circle will be put on my arm. It will collect sweat from my arm. This blue bracelet may feel snug on my arm.



When my phlebotomist starts to see sweat, they will put a special wrap, called Coban, around the blue bracelet so that it doesn't move.



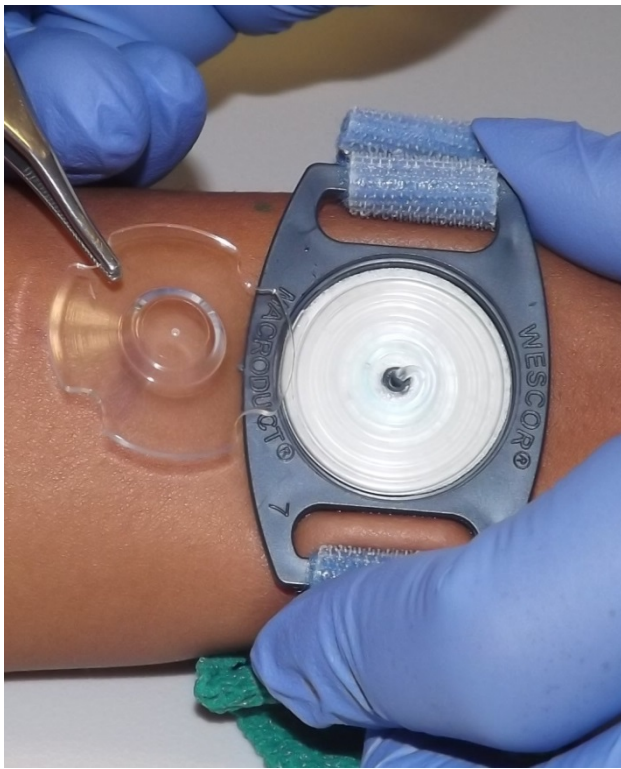
Next, the phlebotomist will clean and put a red and black bracelet on my other arm. The machine will be on for 5 minutes again.



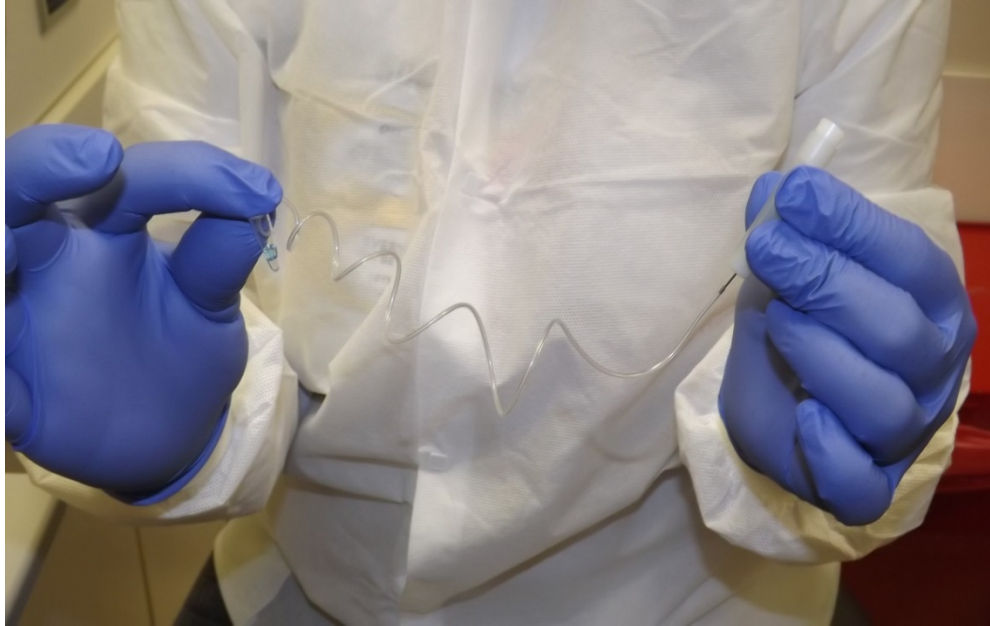
I will get a blue bracelet and the Coban wrap, just like the other arm.



Next, I will wait in the waiting room for about 30 minutes so that the bracelets can collect my sweat. When my wait time is over, my phlebotomist will walk me back to the chair.



My phlebotomist will take off the Coban wrap and take apart the blue bracelet. Inside the white circle is a clear tube that holds my sweat. The phlebotomist will take the clear tube out and snip it off of the bracelet.



The phlebotomist will collect my sweat from the tube. It will go into a very small container. The phlebotomist will do this with the blue bracelet on my other arm.



I am all done!

I will receive a reward, like stickers, for doing such a great job!!



Everyone is proud of me! I did a great job!

Time to leave!!

For additional questions regarding the sweat test, please call the [lab](#) at 202-476-5355 or 202-476-2096.

To request [Child Life](#) support for your child's blood draw, please call 202-476-3070.

Created by:

Elizabeth Johnson CCLS, MS
Certified Child Life Specialist

Eileen Walters, BSN, RN, CPN
Program Manager, Autism Behavioral Communication Support