



Dear Parent:

The appointment for a sweat collection test for your child is scheduled for _____
at _____AM/PM.

Ask the parent this question: Has the child ever had a sweat test performed before? If the answer is **NO**, proceed with directions. If the answer is **YES**, please emphasize the requirement that the child be hydrated or the test will not work.

Tell Them Where to go: The Clinical Laboratory is located on the 2nd floor of the main hospital building – Room 2300. **Please arrive 15 mins before the appointment so that you can be registered.** When you arrive at the Lab, **please tell the front desk staff that you are scheduled for a sweat test;** this is important as the wait time will be shorter.

Explain The Water: You will be given a bottle of water, if your child is old enough to drink, when you first check in at the Laboratory desk. **If you are not given a bottle of water, please request one.** It is important the child be hydrated for the test to work.

Here are a few things that you should do to prepare your child for the sweat collection test:

- ❖ Do **not** apply any creams or lotions on arms or legs of the patient on the day of testing.
- ❖ Continue to take all prescribed medications.
- ❖ There are no diet restrictions.
- ❖ **Important:** Make sure that the child drinks enough fluids on the day before and the day of testing. Have them drink extra water or diluted fruit juices. If the child is not well hydrated, there is a chance that the test will not work and you will have to re-schedule a second appointment.
- ❖ If the child has a rash on their arms and legs on the day of testing, please re-schedule the test.
- ❖ If the child was ill the day before the testing date, please re-schedule the test. Often a child could be dehydrated, and this will affect the test collection.
- ❖ Bring books and toys that will entertain your child during the test – we ask that you remain in the Lab Lobby and not leave during the testing period.
- ❖ There is a consent form that the staff will provide to you upon arrival that requires signing before the test is performed.
- ❖ Bring Insurance card
- ❖ Bring the written order from the physician if it is an outside doctor.
- ❖ Tell them that this information you are being given is also located on the Children's National Hospital website - search Pathology and Laboratory Medicine and it is located under Sweat Test. The actual address is <https://childrensnational.org/departments/pathology-and-laboratory-medicine>
- ❖ On the website – there is a presentation of a child getting a sweat collection test if the parent/child would like to see how it is done before they come.