The Sweat Chloride test is a non-invasive, painless test that can aid in the diagnosis of Cystic Fibrosis.

**What is Cystic Fibrosis?**
Cystic Fibrosis is an inherited disease that affects the lungs and digestive system.

**What are the Symptoms of Cystic Fibrosis?**
Symptoms of Cystic Fibrosis include:
- Salty taste of the skin
- Persistent loose, bulky greasy stools
- Poor weight gain
- Persistent cough
- Recurrent pneumonia
- Bronchitis
- Asthma

**How is Cystic Fibrosis Diagnosed?**
Because the symptoms of Cystic Fibrosis are also seen in other diseases, our physician has recommended a Sweat Chloride test be performed to confirm or rule out the possibility of Cystic Fibrosis.

The test takes about 40 minutes. It is usually performed on the forearm but can be performed on the back, abdomen, or legs of infants.

**What Happens During a Sweat Test?**
The sweat test determines the amount of chloride in the sweat. There are no needles involved in the procedure. During the first step, a laboratory technician washes the patient's forearm with distilled alcohol and distilled water and applies two small gelatin disks. The disks are coated with pilocarpine, a medicine that causes sweating. The disks are covered with small metal plates, called electrodes, and strapped to the forearm. The electrodes are attached to a small box that transmits a slight electrical current to the skin; this may tingle or itch, but is not painful. After five minutes, the electrodes and disks are removed. This portion of the test helps the technician measure the amount of chloride in the patient's sweat. This test is critical in order to make a diagnosis of Cystic Fibrosis.
During the second step of the test, a blue disk is strapped on the forearm and remains on the forearm for 1/2 hour. The disk is then removed and sweat is collected. The combined evaluation of the two steps in the Sweat Chloride test helps our physicians determine whether the patient has Cystic Fibrosis. Sweat test results are reported to our physicians the next working day after the test is performed.

**Is There Any Preparation for the Sweat Test?**
There are no restrictions on activity or diet or special preparations before the test. It is recommended that the patient is well hydrated. One should not apply creams or lotions to the skin 24 hours before the test. All regular medications may be continued and will have no effect on the test results.

**Where is Sweat Chloride Testing Performed?**

**ProMedica Laboratory**  
Conrad Jobst Tower  
2109 Hughes Dr., Suite 130  
Toledo, OH 43606  
419-291-2630

Sweat Chloride tests are conducted Monday - Friday from 7:00am - 3:00pm. No appointment is required.