

Having My Sweat Test Performed at Children's National Hospital



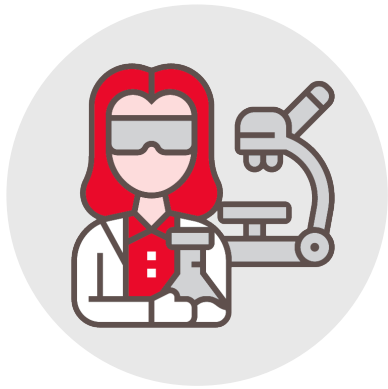
Children's National[®]

Hi. I am _____.

I am going to have a sweat test to check to see if I have Cystic Fibrosis.



Before heading to Children's National Hospital my parent/guardian or doctors' office has scheduled my sweat test appointment.



Contact the
Laboratory at
202-476-2226



Monday through Friday between
8:00 a.m. – 6 p.m. Slots are
available at 9 a.m. or 11:30 a.m.
on weekdays (not available on
weekends and holidays).

First, I check in at the Intake Desk with the registration team.



Next, I will be given an armband that will be placed on my wrist or ankle so my phlebotomist will know who I am.



I can watch TV or play games while I wait for my name to be called.



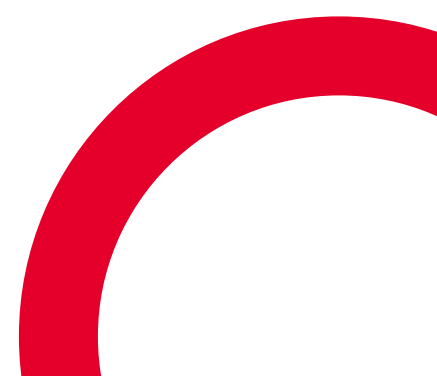
My phlebotomist will call my name and walk me to a room.



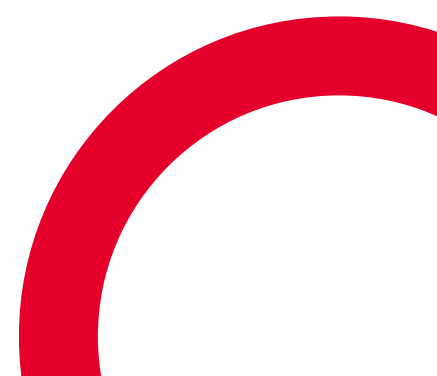
My phlebotomist will ask me to sit in a chair. They will then ask me my first and last name along with my date of birth.



My phlebotomist will ask my mom, dad, or caregiver a couple of questions before we can get started with my sweat test.



The phlebotomist will clean one part of my arm with an alcohol wipe and then with water.



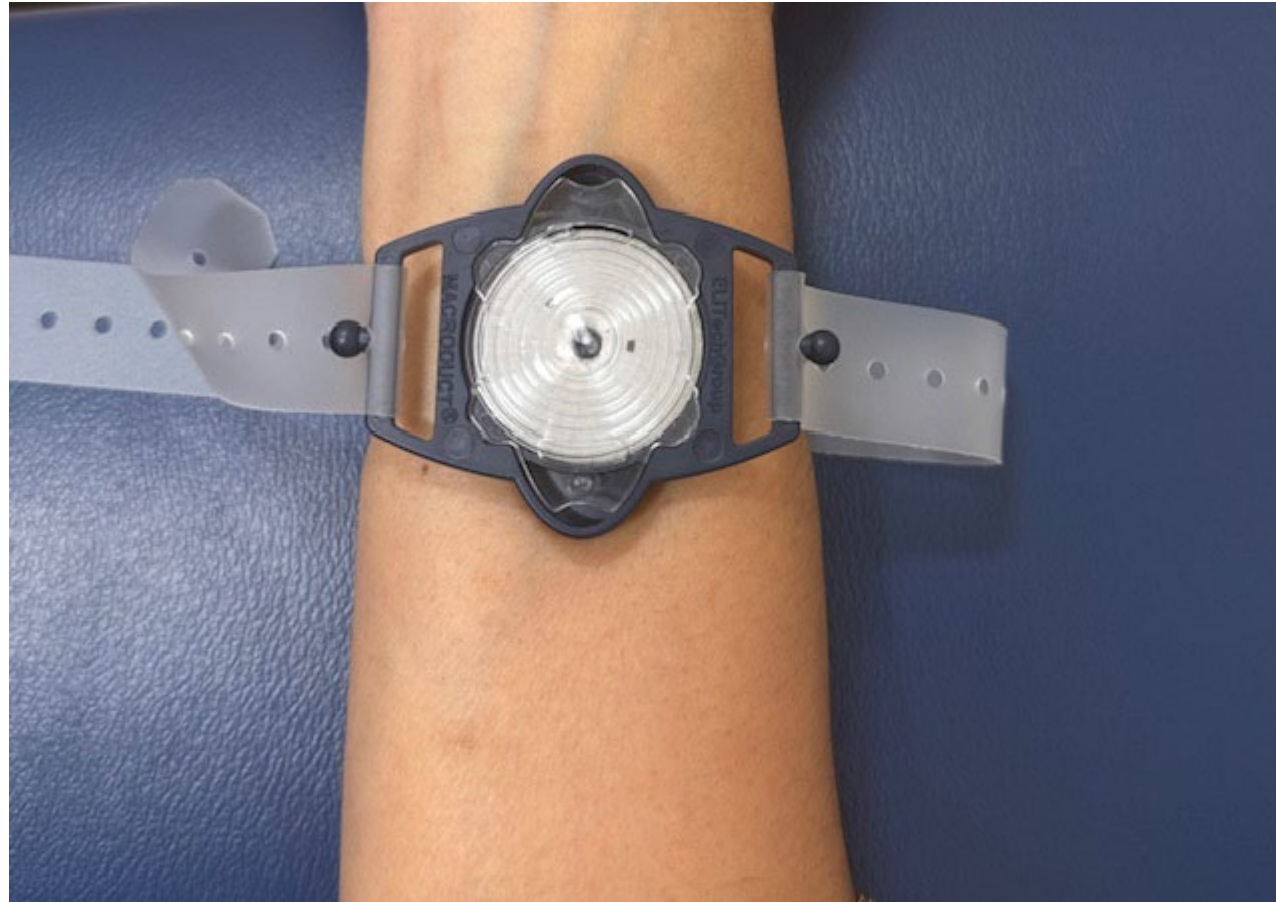
My phlebotomist will place a red bracelet with a gel tab near my wrist.
They will then place a black bracelet above the red bracelet closer to the elbow.



The phlebotomist will turn on the small machine that is connected to the red and black bracelets for 5 minutes. It may feel tingly and cold while on. After 5 minutes, it will beep and I will know that the machine is done.



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



I will be given warm blankets to be wrapped in and a heat pack will be put on each arm.



Then the phlebotomist will repeat the same exact process on my other arm by cleaning and putting a red and black bracelet on my other arm. The machine will turn on for 5 minutes again.

I will get a blue bracelet just like the other arm.
I will then wait for about 30 minutes so that the bracelets can collect my
sweat.

While I am waiting, I can watch TV.



After each 30 minutes per arm; the sweat test will be complete. Then my phlebotomist can remove my blue bracelet.

Inside the white circle on the blue bracelet is clear tubing that holds my sweat. The phlebotomist will take the tubing out and cut it from the bracelet.



The phlebotomist will transfer my sweat from the tubing into a very small container. The phlebotomist will do this on both sides.



I am all done! Time to leave.



Additional Information & Child Life Support

For more details about the sweat test process, please visit:

www.childrensnational.org

If additional support is needed, Child Life specialists are available to assist families during the appointment.