



Having a Sweat Test at
Children's National Hospital



Hi. I am _____.

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.



I will need 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 walk me to a room.

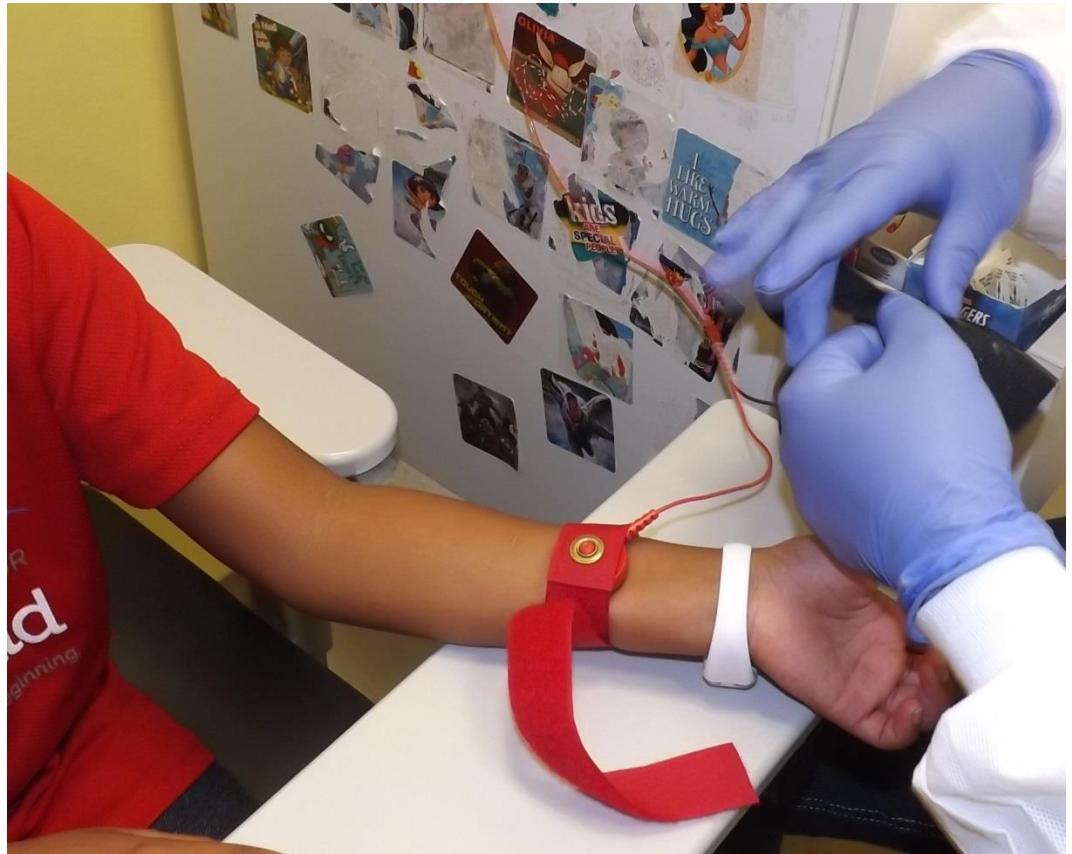
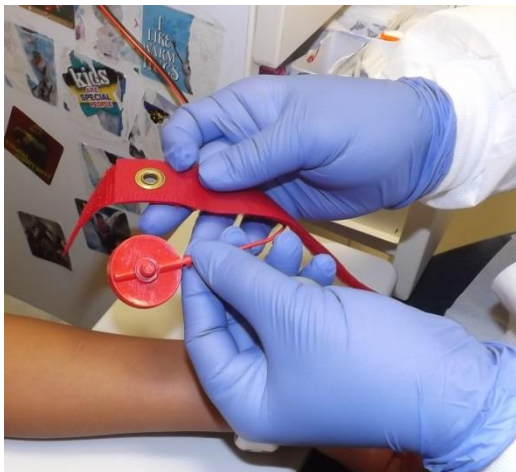


My phlebotomist will ask me to sit in a chair.

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



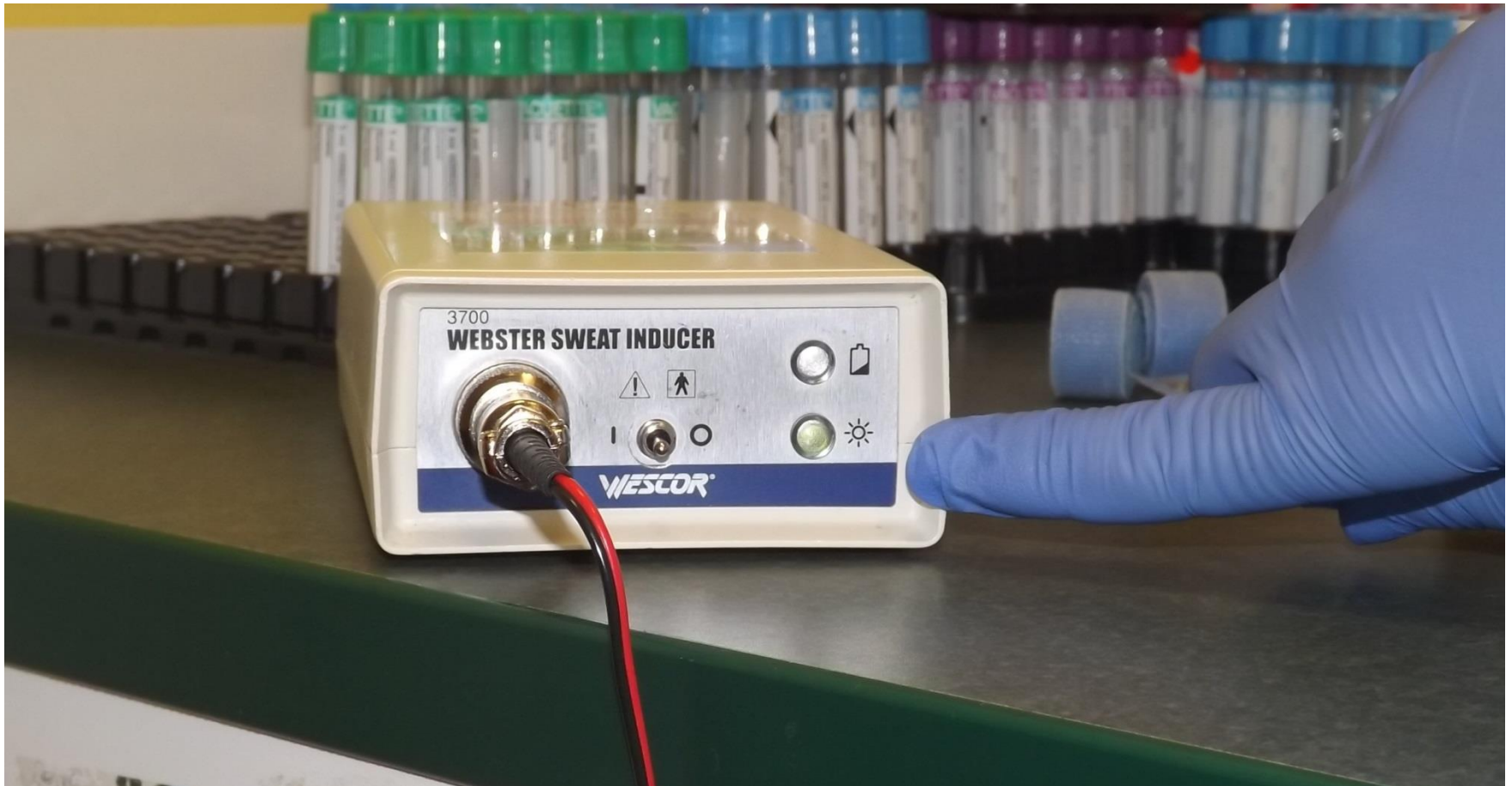
The sweat test will be one arm at a time.
The phlebotomist will take out my left arm of the warm blanket and clean part of my arm two times then wipe the area with water.



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



The phlebotomist will mark where the red bracelet is on my skin.
Then I will get 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 blue 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.



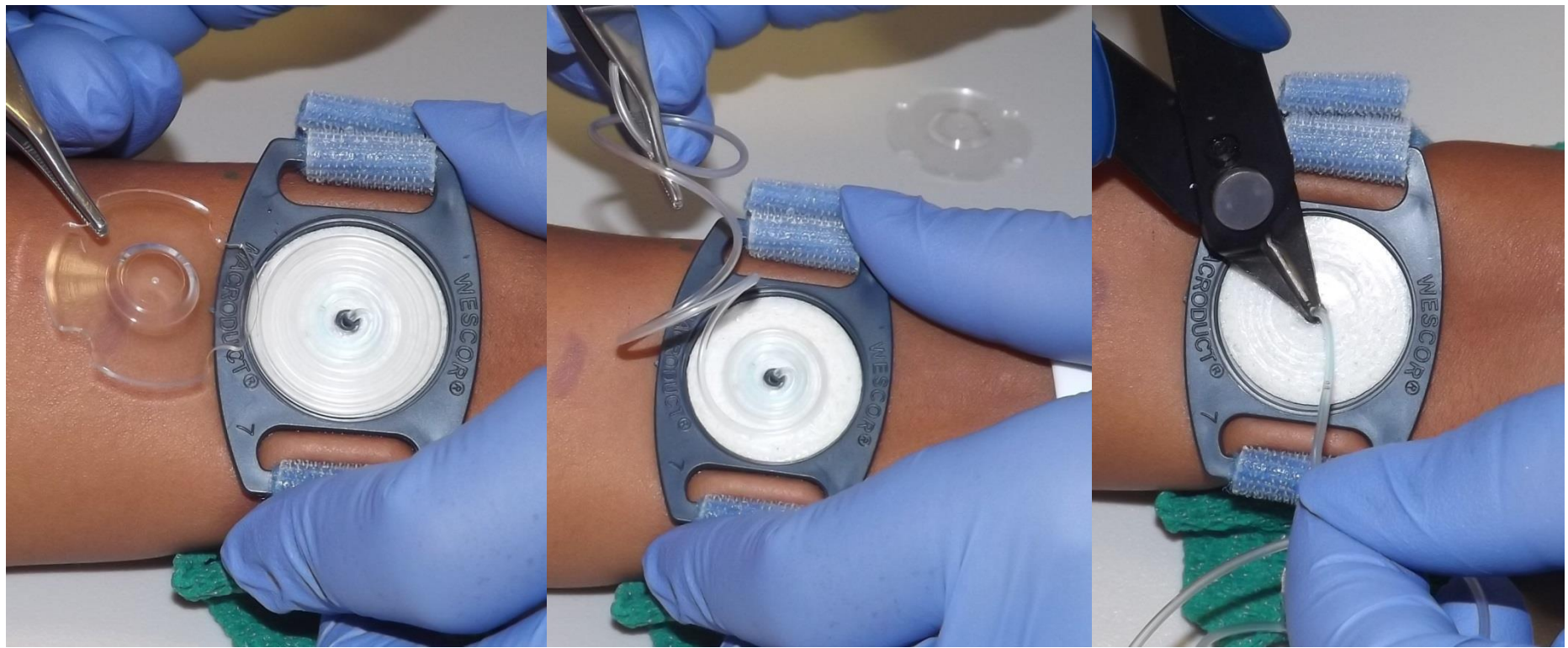
Once my phlebotomist starts to see sweat, they will put a special wrap called Coban around the bracelet so that it doesn't move. Though my sweat is clear, it will look blue in the bracelet because of a special dye.



The phlebotomist will then put clean and put a red and black brace on my other arm and the machine will turn on for 5 minutes again.



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



After my break in the waiting room, I will return to the phlebotomist so I can finish the sweat test.

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



From the tube, the phlebotomist will collect my sweat. It will go into a very small container. The phlebotomist will do this on both sides.



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.

For autism specific support or resources, please contact the Autism Behavioral Communication (ABC) support program:

Phone: 202-476-2884

E-mail: ABCconsultteam@childrensnational.org

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