



## SWEAT TEST APPOINTMENT CONFIRMATION

Phoenix Children's Hospital  
1919 E. Thomas Road  
Main Building, Sweat Test Laboratory  
Phoenix, Arizona 85016  
Phone: 602-933-0314

Your child, \_\_\_\_\_ has been scheduled for a

Sweat Test on \_\_\_\_\_ at \_\_\_\_\_. Please check in at \_\_\_\_\_.

- Please plan to arrive at least 30 minutes before scheduled appointment time. *If you are late for your appointment (more than 15 minutes), please plan to reschedule.*
- Free parking is available in the Thomas Visitor Garage, at Thomas Road and Children's Way (refer to map). You will enter through the main entrance and let them know you are here for a sweat test. You will then be directed to admitting for registration. From admitting you will be directed to the sweat laboratory.

### Preparation instructions before the procedure:

- It is very important that your child drink plenty of fluids before the test. Your child needs to drink a **minimum** of \_\_\_\_\_ ounces (or \_\_\_\_\_ cups) of fluids **each** day, starting two (2) days before the date of the test.
- Your child should eat a normal diet with **plenty of salt** the day before and the day of the test.
- Your child should **not** drink soda or caffeine drinks for 2 days before the test.
- The night before the test, your child should take a bath or shower.
- **Do not** put any oil, lotion, cream or powder on your child's skin.
- Remove any trace of temporary tattoos from your child's skin.
- Please have your child dressed in a short sleeved shirt or bring one to change into.
- Bring a jacket and/or blankets to wrap your child. They will need to sweat during the test.
- Your child may have to walk or exercise during the test to make them sweat.
- You may bring toys, books, or movies to entertain your child and your child may drink or eat during the test.
- The test may take up to two hours to complete.

**If your child has vomiting, diarrhea, fever or is unable to take the amount of fluids listed above, you will be asked to reschedule. If you have further questions or concerns or need to reschedule, please contact us at 602-933-0314.**

**Not Part of the Medical Record**