

Sweat Test

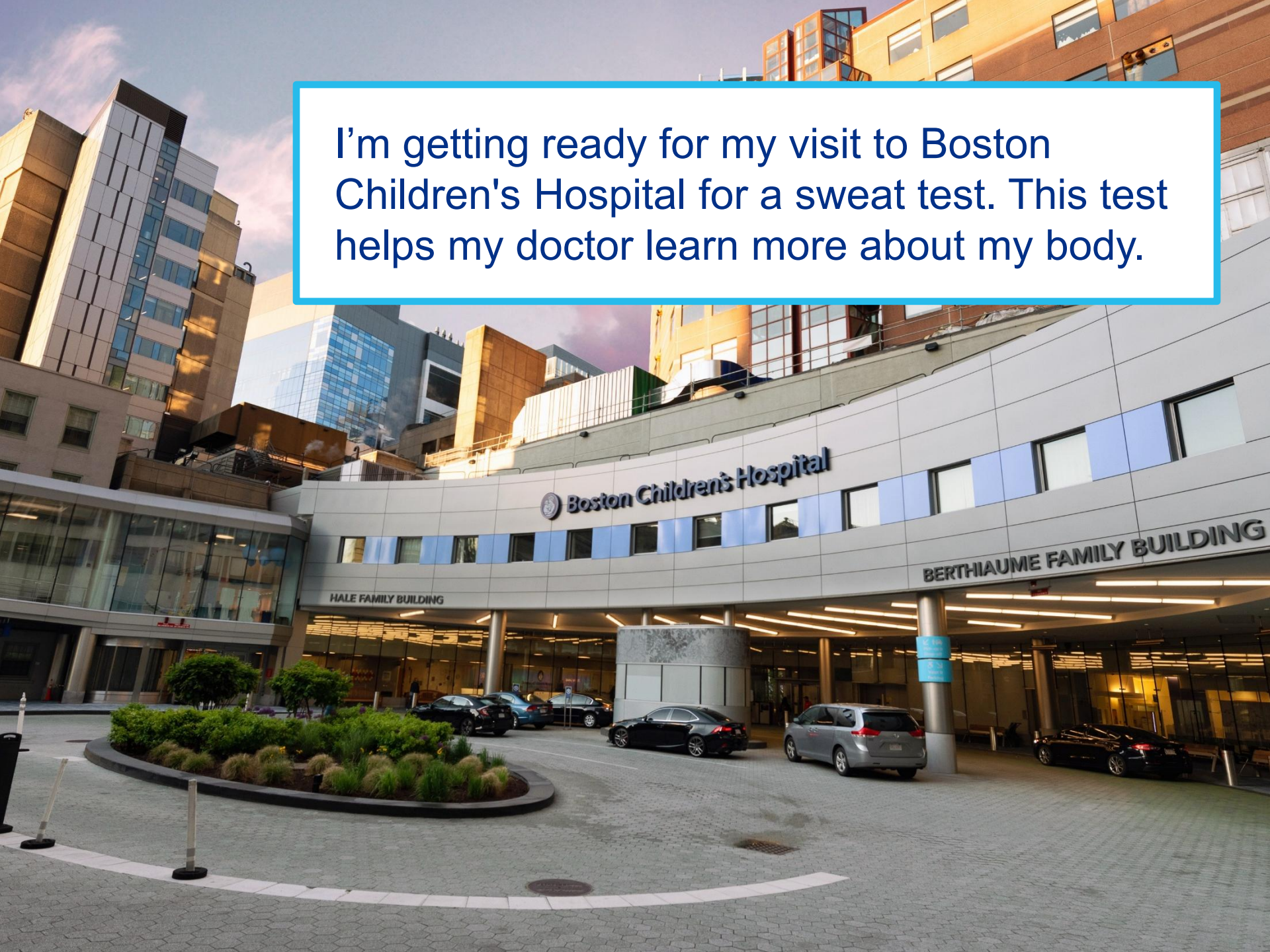
My Hospital Story



Boston Children's Hospital

January 2026

I'm getting ready for my visit to Boston Children's Hospital for a sweat test. This test helps my doctor learn more about my body.

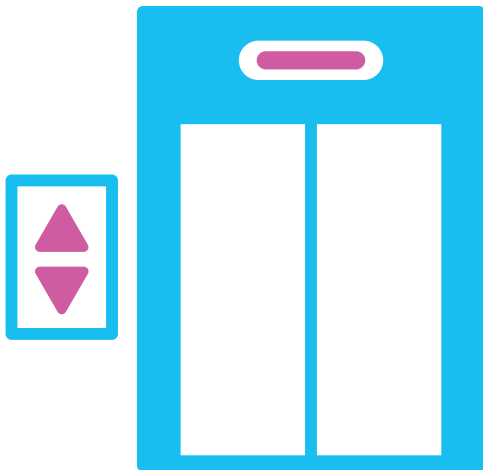




First, we'll walk
into the hospital.



Then we'll take
the Fegan
elevator to the
Pulmonary Clinic
on the 10th floor.





Next, we'll talk with
someone at the
front desk.

I'll get a bracelet
with my name on it.



We'll wait for my
name to be called.
I can sit or play
quietly while I wait.





When it's my
turn, a tech will
call my name.

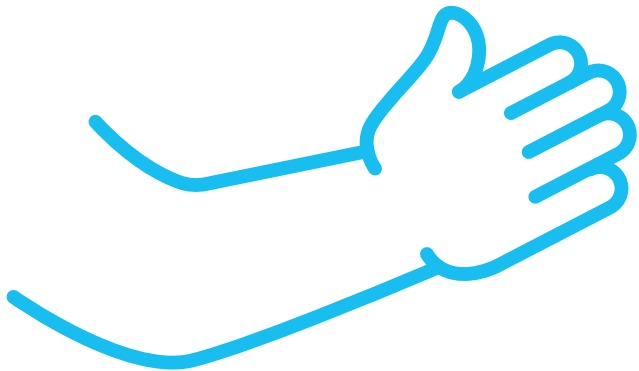
We'll walk to a
new room.



The tech will talk with me and my caregiver about the test. They might be wearing a yellow gown, gloves and mask. The room will feel warm.

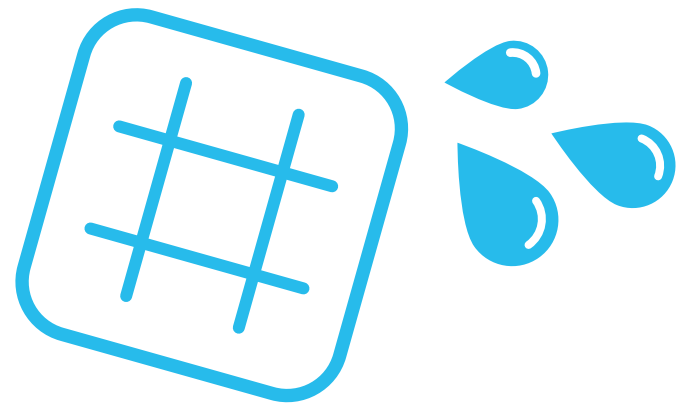


Next, the tech will
look at my wrist
and arm.

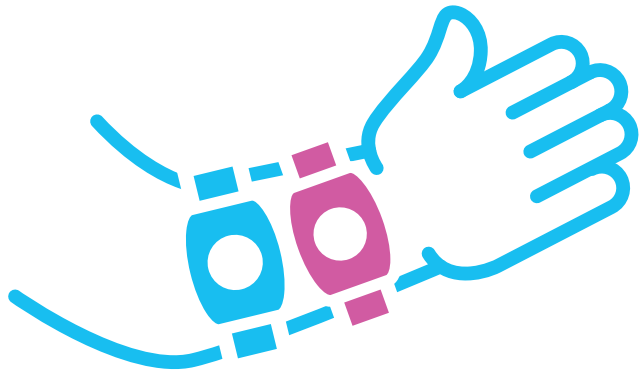


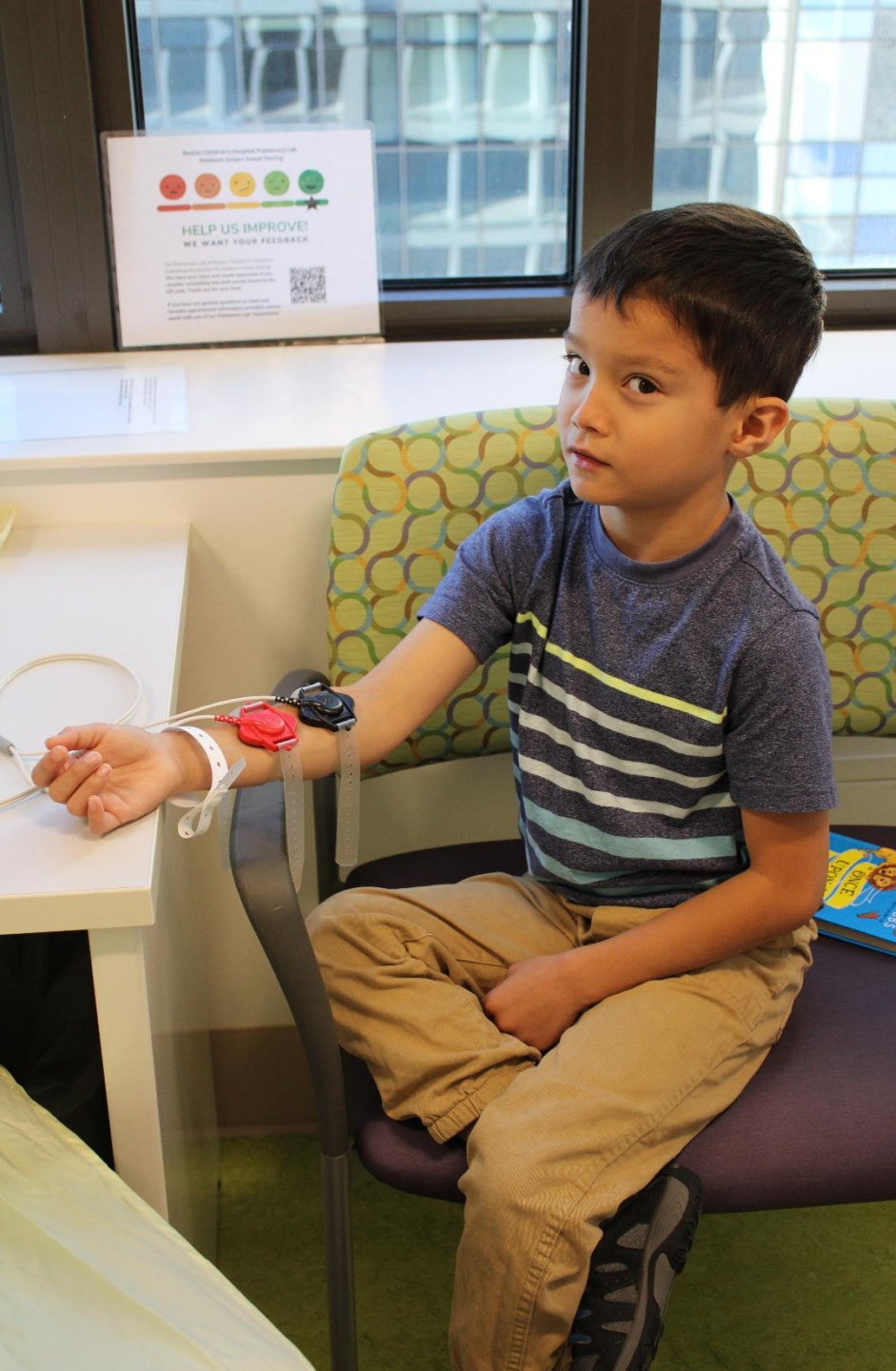


The tech will clean my arm with 3 wipes. It might feel cold and wet.



Next, they'll put a red and a black bracelet on my arm. It might feel tight. I can remember to keep my arm still.





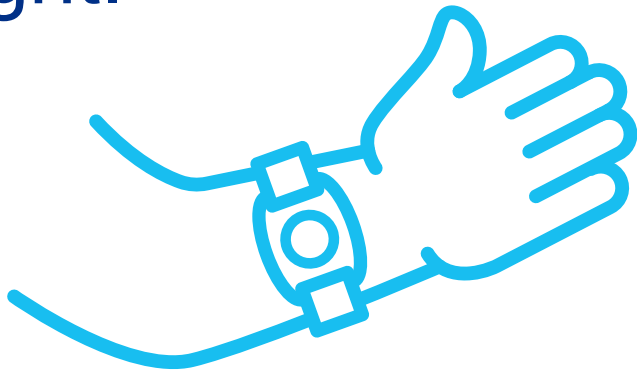
I'll wait for
5 minutes.

My arm might
start to feel
sweaty and tingly.



Next, the tech will take off the red and black bracelets.

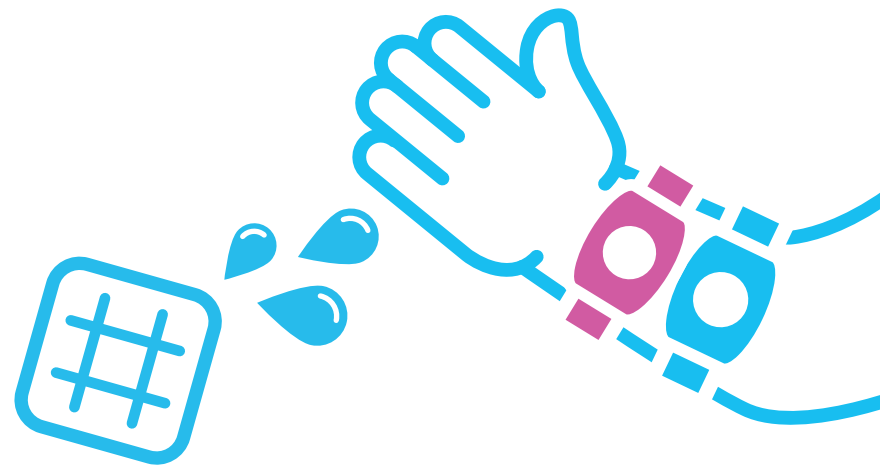
They'll put a clear bracelet on my arm. It might feel tight.



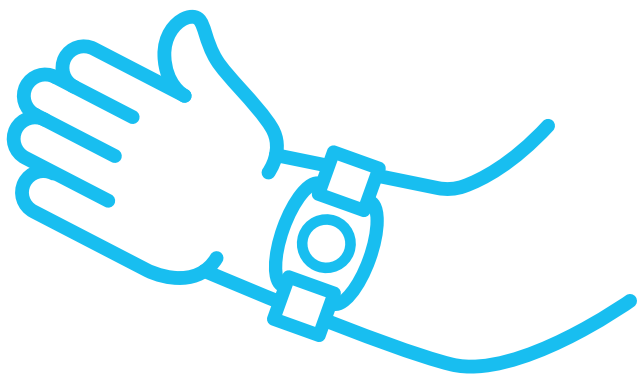


The tech will look
at my other arm.

They'll clean it 3
times and put a
black and a red
bracelet on my arm.



Next, the tech will take off the red and black bracelets and put on a clear bracelet.





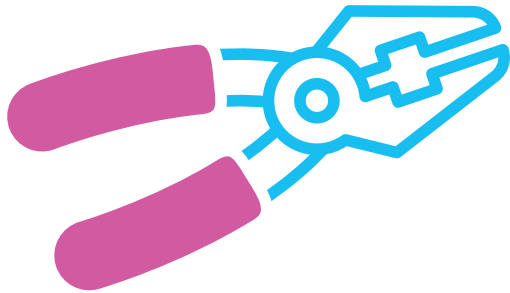
I'll wait for 30 minutes.

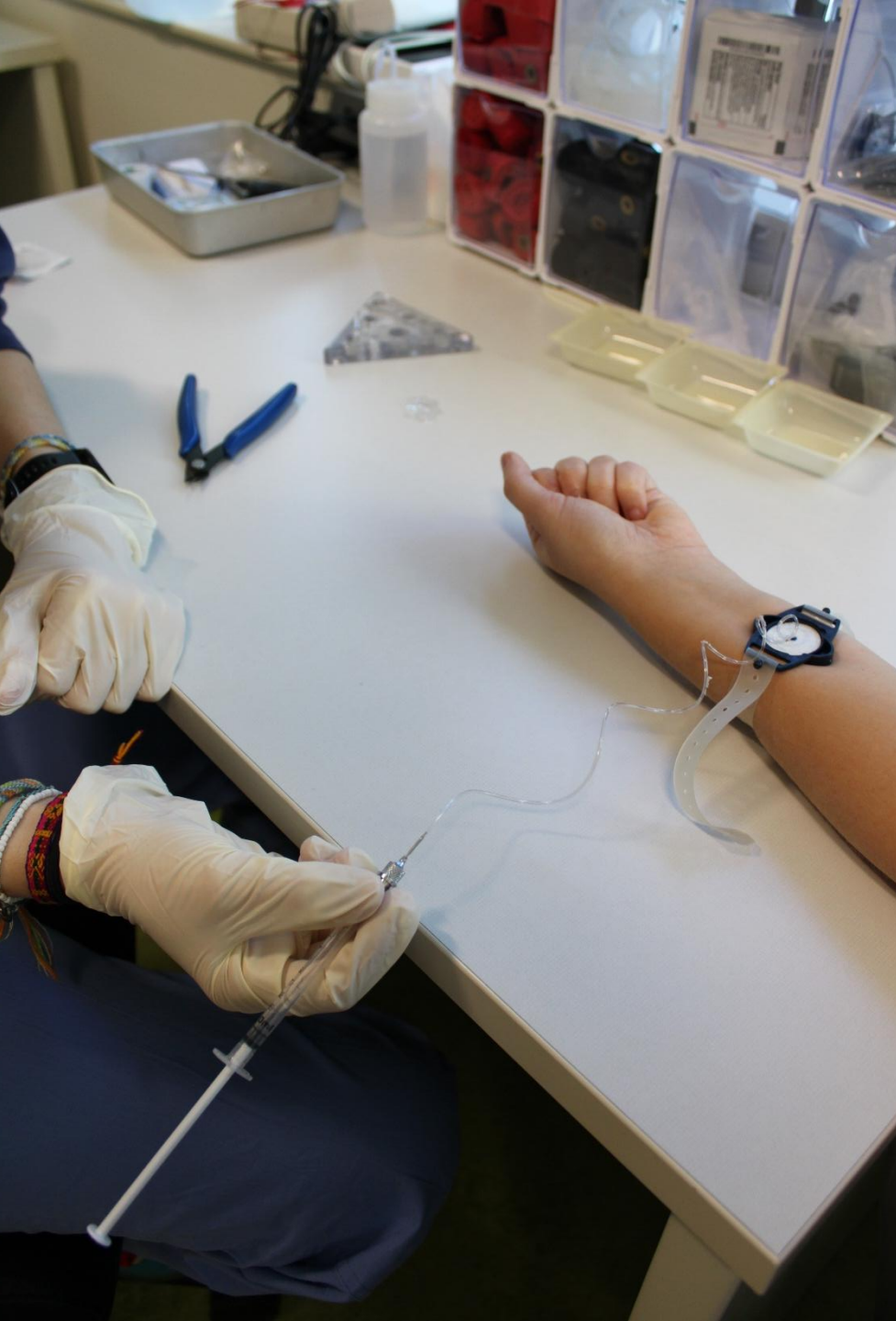
I can play with toys from home or watch a video while I wait.



The tech will use a tool called a pliers to pull a small tube from the bracelet.

The pliers won't touch me.





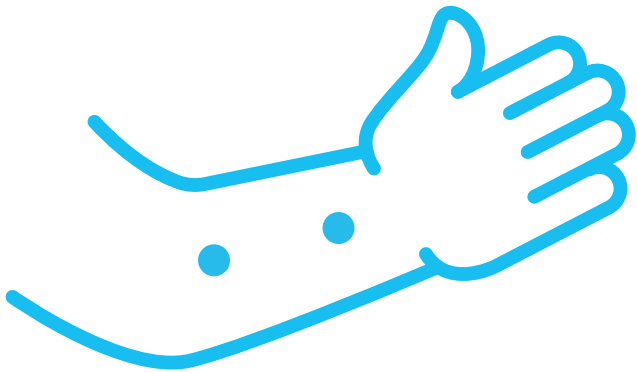
The tech will use a syringe to take the sweat from the tube.

The syringe won't touch me. I can remember to hold my arm still.



Next, the tech will
take the bracelets off.

I might see blue dots
on my arms. The dots
will wash off.



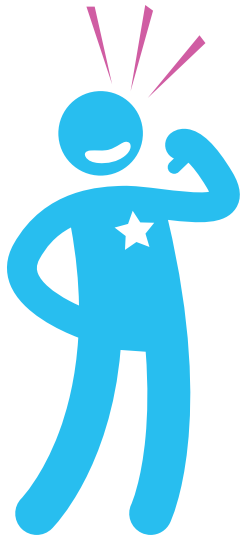


We might walk to
a new room to talk
with a nurse.



I'm all done with
my sweat test.

Everyone will be
so proud of me!



Developed By:

Autism Spectrum Center, Pulmonary Clinic,
Pulmonary Function Testing Team & Child Life
Services