

## 1. ITEMS REQUIRED FOR TEST

INCLUDED IN KIT	ITEM	QTY
	SWEAT TEST PATCH	2
	COLLECTION TUBE	2
	ALCOHOL SWAB	2
	STERILE WATER SWAB	3
	GLOVES	2 pairs
	MICROFIBRE CLOTH	1
	TWEEZERS	1
REPLY PAID ENVELOPE	1	
BUBBLE WRAP PACKAGING	1	

ADDITIONAL ITEMS REQUIRED	ITEM
	BODY WEIGHT SCALE (Increments 0.1kg)
	FOOD WEIGHT SCALE (Increments 0.01kg)
	DRINK BOTTLE(S)
	STOPWATCH
	TEMPERATURE MEASURE/ESTIMATE
PEN	

## 5. BEFORE TEST - SWEAT PATCH APPLICATION

### Clean Sweat Patch Site & Apply Patch:

- Put on clean gloves
- Wipe down site with alcohol swab (allow to dry)
- Wipe down site with sterile water wipe (pat dry with supplied cloth)
- Place patch onto skin (ensure proper adhesion to skin)
- Discard gloves

## 6. COMMENCE TEST

### Start Timer / Stopwatch

### Commence Exercise

- Maintain chosen exercise protocol / intensity
- TSL recommends training at an intensity and in an activity that closely represents your competition

## 2. BEFORE TEST - IMPORTANT INFO



Please make sure you read through all of these instructions prior to commencing your sweat test.

### Ensure You Are Well Hydrated

- TSL recommend consuming 200-500ml fluid per hour for the 2-3 hours leading up to test. Passing clear or very lightly colored urine represents a well hydrated state

### Exercise Protocol:

- TSL recommends exercising for 30-60 minutes.
- A sweat profile is very specific to activity and intensity, so it is recommended that you train specifically to your event /sport and at the pace / work rate that applies to your competition.
- TSL recommends clients seek medical clearance prior to undertaking strenuous exercise.

## 7. DURING TEST

- Only drink fluids – ie. Do not spit out / pour fluid over head etc.
  - Cease exercise if you feel unwell at any time.
  - Sweat Patches may stay on for the whole test, however if patch becomes saturated and lifts up from skin, remove patch as per instructions in the next section (Patch must maintain integrity / seal on the skin to avoid evaporation)
- + *Optional - If you need to use the toilet during testing weigh yourself before and after to determine lost urine / stool weight*

<b>BEFORE TOILET WEIGHT:</b>		<b>kg</b>
<b>AFTER TOILET WEIGHT:</b>		<b>kg</b>
<b>DIFFERENCE WEIGHT:</b>		<b>kg</b>

## 8. END TEST

### Cease Exercise

Do not include a cool down as part of the test prior to performing the following steps

## 3. BEFORE TEST - SET UP

### Perform Warmup:

5-10minutes increasing intensity to produce some initial sweat response

### Measure Nude Starting Weight:

Towel off any sweat and record nude body weight to the nearest 0.1kg

<b>STARTING WEIGHT:</b>		<b>kg</b>
-------------------------	--	-----------

### Measure Drink Bottle(s) Starting Weight:

Weigh all fluids / food that may be consumed and record to the nearest 0.01kg

<b>BOTTLE(S) START WEIGHT:</b>		<b>kg</b>
--------------------------------	--	-----------

### Record Temperature:

Estimate or measure exercise environment temperature

<b>TEMPERATURE:</b>		<b>°C</b>
---------------------	--	-----------

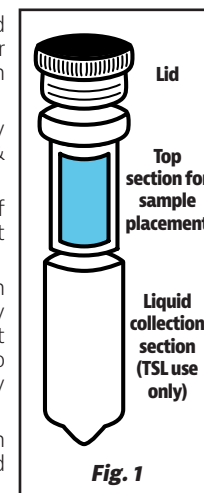
## 9. END TEST

### Stop Timer / Stopwatch - Record Total Test Duration

<b>TEST DURATION:</b>		<b>mins</b>
-----------------------	--	-------------

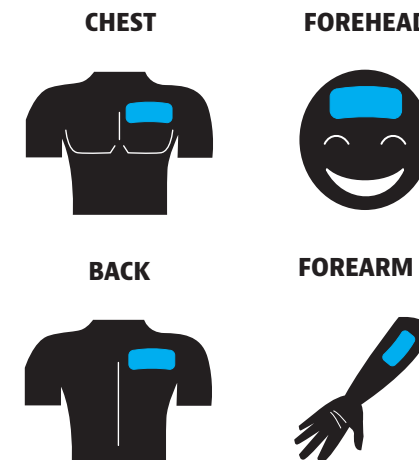
### Remove Sweat Patches

- Put on clean gloves
- Open collection tube and discard cotton swab in top section – Your sample goes in this same section (see Fig. 1)
- Using tweezers supplied, gently remove the 1st sweat patch & place into tube
- Try to fold back adhesive part of patch to expose the absorbent swatch when placing into tube
- Press lid on tightly. The patch does not need to be all the way down in the tube, however it should be in far enough in so that the lid can close completely without touching the patch
- Wipe tweezers/gloves with sterilised water wipe and repeat for 2nd sweat patch



## 4. BEFORE TEST - SWEAT PATCH SITE

Choose 2 sites that you typically sweat a lot from for best sample volume. Options for sites are;



Record chosen body sites and your name on the collection tube labels provided

## 10. END TEST

### Measure Final Nude Weight:

Towel off any sweat and record nude body weight to the nearest 0.1kg

<b>FINAL WEIGHT:</b>		<b>kg</b>
----------------------	--	-----------

### Measure Drink Bottle(s) Final Weight:

Weigh all remaining fluids / drink bottles / foods and empty food packets and record to the nearest 0.01kg

<b>BOTTLE(S) END WEIGHT:</b>		<b>kg</b>
------------------------------	--	-----------

## 11. AFTER THE TEST

- Cool down & shower
- Record all measurements and details on TSL Record Card
- Send sweat samples and Record Card TSL

# SWEAT TESTING KIT

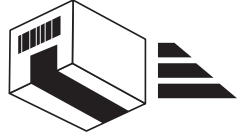
Instructions for Testing



THE SWEAT LAB  
Powered by SOS

## SENDING YOUR SAMPLES

- Ensure the lids of collection tubes containing your samples are securely closed
- Ensure both collection tubes are clearly labeled with your name and applicable body site
- Ensure to include your Record Card with contact and test/sample details fully completed
- Place samples and Record Card in the bubble wrap pouch provided
- Post the sweat samples to **TSL** in the Express Post envelope provided



THE SWEAT LAB  
UNIT 1, 120 TALINGA RD  
CHELTENHAM VIC 3192

## YOUR RESULTS

You will receive your results and be notified via email within 5 business days of **TSL** receiving your samples



## CONTACT

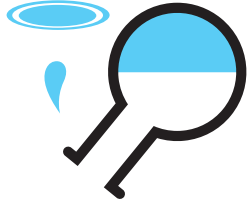
If you have any questions, please contact **TSL** via the website or direct email;

[info@thesweatlab.com.au](mailto:info@thesweatlab.com.au)



THE SWEAT LAB

Powered by SOS



THE SWEAT LAB.COM.AU