



# Porter Medical Associates

## Sudoscan

Testing sudomotor function can be a fast and accurate method of detecting early stages of neuropathy. Sweat gland nerve fibers are thin and long and so can be damaged at the very early stages of many diseases. These include, but not limited to: Diabetes, Hypertension, High Cholesterol, and Kidney Disease.

### **-Before your Sudoscan.**

Your palms and soles must be free of dirt, ointments, or lotions prior to testing. Washing with soap and water is always the best option. Please wear shoes that are easily removed, as you will be bare foot for the test.

### **-How is the Sudoscan done?**

You will be asked to remove your shoes and socks, and directed to stand on a mirror plate, and rest your hands in front of you on a second plate. These plates will light up to activate sweat glands in your palms and soles, and measure the chloride ions that flow out of these sweat glands as a response. Testing takes 10 mins.

### **-Why is the SudoScan done?**

The SudoScan test gives your physician useful information in determining if there is adequate sudomotor function. The measurements help determine if you have or may be developing neuropathy or how well your current neuropathy treatment is working.

### **-After your Sudoscan.**

You may return to your normal activities after the test.

### **-Does it hurt?**

The plates are often cold/chilly, so you may feel that, or a tingling sensation.

### **-When will you have your test results?**

Your physician will discuss the test results with you at your next scheduled office visit. The information gained from the test helps your physician make an accurate diagnosis and develop a treatment plan that's best for you.



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