

Patch Test Information

Patch testing

- The aim of patch testing is to try and discover whether you are allergic to anything that is coming in to contact with your skin.
- The patch tests consist of hypoallergenic strips of tape. On each strip are 10 small chambers, each of which contains a different substance. The patches are usually applied to the back and the position of each chamber is marked with a special skin marker pen.



Before your patch testing

- Patch tests are not advisable if you are pregnant. This can be performed after you've had your baby.
- Let us know if you are taking any regular medication.
- **Avoid antihistamines for 48 hours prior to your patch testing appointment and during your patch testing.**
- **Topical corticosteroids on your back should be stopped 1 day before testing.** Oral steroids should be continued unless advised otherwise by your doctor, please let them know what medication you are taking.
- If you have had more than 10mg Prednisolone a day within 10 days of the patch test, or if the area on the back is inflamed more than 50%, then patch testing **should be delayed.**

- **Moisturising creams on your back should be stopped the day before testing to ensure the patch tests stick to your back.** Creams can be applied to other areas of the body.

- Please avoid sun bathing for 4 weeks prior to testing as sun exposure and tanning may make the results unreliable.

During your patch testing

- You will need to keep your back dry and avoid any work/sporting activity that would dislodge or make you perspire. You need to keep your back completely dry for the duration of the patch testing.

- If the panels start to come away, they can be reinforced with Micropore tape.

- A tight t-shirt or vest will help to keep the panels in place. We advise wearing old and dark clothing as the pen may mark your clothing.

After your patch testing

- The doctor will discuss the results with you and give you the relevant information regarding any of the substances to which you have reacted.

- If you notice a reaction after your patch testing has been completed, please contact us for advice.