



Patch Testing Instruction Sheet

Your doctor believes that your skin disease may be related to contact with chemicals in your environment. This is called allergic contact dermatitis.

The only way to obtain proof of allergic contact dermatitis is by **Patch Testing**. This is different from scratch or pricks testing and does not identify food, inhalant, or oral medication allergies.

Chemicals will be taped to your back in small chambers. The skin will not be broken. The patches stay in place for 48 hours. You cannot shower or do any work or exercise that will wet or loosen the patches. NO heated seats, heating pads, or heated blankets can alter the test findings.

The patches will be removed, and reading will be done after 2 days. The patch sites will be marked, and you will be asked to return for a final reading on another day. Between the two readings, you can bathe, but you should not wash your back or get it wet.

You may develop itching under the patches. If it becomes very severe or if you develop pain, you should contact your physician. If necessary, have someone carefully remove the painful patch. Try not to disturb the other patches.

You may develop blisters at positive sites, and very rarely prolonged reactions or even scars may develop at such sites.

You will be tested for your response to common chemicals. If you believe that any agent worsens your problem or product, even medication, please bring it with you (and the container with the ingredient list) when you return for testing.

You should not be tested if you are taking cortisone pills, have had a cortisone injection, are applying cortisone to your back, or have had sun exposure recently on your back. Please tell the doctor if you are pregnant. Please call if you have any problems or have any questions.

Your tests may be completely negative. This could mean that an allergy is not the cause of your skin problem. The test is not infallible, and an allergy may be missed. Retesting in the future may be indicated.