

Sussex Community Dermatology Service

Administration Office

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Patch Test Information

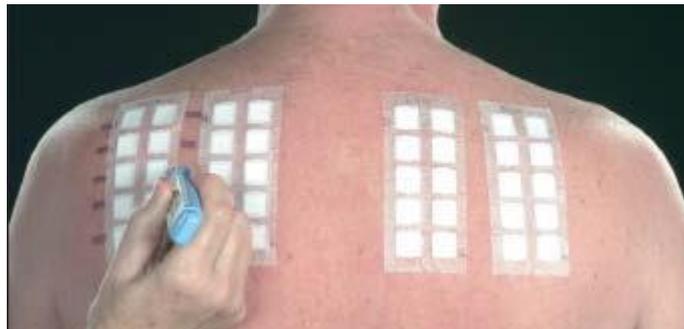
Practice Direct Hotline: 01903 703270

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• **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. The patches stay in place for the next 48-72 hours. If you have an allergy this will show up on the back even if the rash is elsewhere on your body. You will then attend for another appointment to have these removed and review the results.



• **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.
- 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 and/or nurse 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.