



PATCH TEST INSTRUCTIONS

You are being tested for the most common allergens found in North America. These allergens can be found in clothing, make up, detergents and toiletries. Seven patches that contain ten chambers will be placed on an area of the skin that is clear of any rashes.

Things to do prior to your first appointment:

- Discontinue oral steroids 2 weeks prior to patch testing.
- Discontinue antihistamines 3 days prior to patch testing.
- If you were previously given a topical steroid, discuss with your physician if its okay to continue during this process.
- Avoid all antihistamines while the patches are on, typically until Friday's appointment.

Day 1: Monday Appointment:

- Come to your appointment freshly showered, no lotion on skin.
- Once patches are placed, avoid scratching.
- Do not get the patches wet. Wait to resume exercising routine until final patch reading.
 - If you need to bathe, sponge bathe only.

****If you develop shortness of breath at any point, dial 911 and remove patches****

Day 2: Wednesday Appointment:

- Patches will be removed.
- The first of two readings will be taken by the physician.
- Okay to shower, avoid scrubbing the markings off of the back.

Day 3: Friday Appointment:

- Final reading will be taken.
- You will leave with a list of allergens you reacted to, if any.
- You will receive a list "safe list" of items that you CAN use to your personal email. This list is very extensive and can be a100 pages long. Save it as a resource. In order to stay clear of the rash due to an allergy, you have to avoid the ingredient(s) you reacted to.
- Normal showering and antihistamines can be resumed after this visit.
- Should your eruption persist despite avoidance, it is possible there is an ingredient that was not covered in the 70 patches available for testing.
- Please call our office if there are further questions.