

What happens if the test shows that I am allergic to one or more of the substances tested?

- If you are allergic, your doctor will provide you with information on where in your everyday surroundings you are likely to come into contact with the substance(s) causing the reaction. Your doctor will also tell you how best to avoid these substances and may suggest alternatives to them.

Will reducing my exposure to my allergic triggers help?

- Yes. Reducing exposure to one or more of your allergic triggers can help reduce your symptoms and your need for medication. This can only be accomplished by working with your healthcare provider to learn your unique allergy profile.

Patch testing is contraindicated for the following:

- In the case of extensive ongoing contact dermatitis (acute symptoms).
- There is not enough data on the use of patch testing on pregnant women so this should be avoided during pregnancy.



Patch test

What is a Patch Test?

- It is a reliable skin test that is designed to identify if a substance that comes into contact with the skin is causing inflammation (contact dermatitis).
- This test is FDA approved.

What is Contact Dermatitis?

- It is an itchy and inflammatory skin condition caused by an allergic reaction to certain materials (allergens) when they come into contact with the skin e.g. perfumes, cosmetic products, plastic gloves, etc.



Where should this patch be placed?

- On the upper back of the patient.

When will the result be read?

- The date and time of your visits to read the patch test will be determined by your doctor after 24, 48 and 72 hour periods, so it is important to ensure you attend your appointment on time.



Are there any special instructions I must follow while the Patch Test is on my back?

- Moisture around the test area must be avoided. So when bathing or showering, you must be careful not to get the test panel or surrounding area wet.
- If the test panel does become wet it may loosen, allowing the test substances to be washed away. As a result, any activity such as sunbathing or exercising which may cause you to sweat or the test panel to loosen should be avoided.
- If for any reason an area of the test strip becomes loose, you should immediately re-attach it with adhesive tape.
- Before applying the patch test, please avoid taking any treatments like steroids or anti-histamines

What should I do if the test area itches?

- Try not to scratch the test area. If you do, the skin may become irritated and itch even more. If your skin is red and irritated from scratching, it will be difficult for your doctor to interpret the results of the test.