



Breathe Well. Hear Well. Be Well.

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Date: \_\_\_\_\_

## PATCH TESTING INSTRUCTIONS

### DO'S AND DONT'S BEFORE PATCH TESTING

- If you have had recent allergy testing on the back, recommend waiting at least 1 week before patch testing.
- May take antihistamines.
- Ideally off oral steroids 14 days prior to testing. Some patients may be instructed by physicians to stay on low dose oral steroids prior to testing and should continue as instructed.
- No steroid injection 1 month prior to testing.
- No topical steroid to the patch test sites for 7 days.
- Patch testing is typically performed on the back. You may not have testing in this area if there are rashes, scars, excessive sun exposure, ultraviolet therapy, or tattoos present.
- If you have an acute flare up with extensive skin rashes, you will not be able to undergo patch testing. Make an appointment to see the physician.
- Alternative patch test areas may be the abdomen, upper arm, or thigh.
- Avoid sunlight or tanning for 1-week prior testing.
- If you have a hairy back, please shave your upper back at least 2 days prior to testing.
- Do not put any lotions on the areas to be patched.
- You may bring your home products (make up, lotion, topical steroid cream, emollient) to be placed in a patch at the same time.
- For women try not to wear a bra. If they need to wear a bra with than please wear a widely placed strapped bra so that the patch can be placed between the straps. You will need to wear the same type of bra for the next 2 days to prevent the straps from rubbing on the panels.

### COST OF PATCH TESTING

Patch testing is typically covered by insurance providers. There may be limitations on the number of patches that can be placed, but you may pay an additional fee for more. Our staff will check your insurance benefits and review this information with you before your appointment.

### FOLLOW UP AFTER PATCH TESTING

The patch must stay on the back for 2 days. The appointment to place the patch should be on a Monday or Wednesday. Patch removal and first patch test read will be 2 days later. Ideally, the skin must be then checked every 2 days or 2 more visits with the physicians (total of 4 office visits).



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### WHAT TO EXPECT AFTER PATCHES ARE PLACED

- Patches will be placed on the skin. Additional tape is used to ensure proper adhesion. It is very important that the patches stay on the skin for 48 hours.
- Do not get the panels or the surrounding skin wet. Take sponge baths. Do not shower.
- Do not exercise or perform any strenuous activity which will stretch your back and make you sweat.
- If the patch starts to come off, you may add additional tape.
- You will experience itching on your back. Do not scratch your back.
- You will return to the office to have the patches removed 48 hours after placement.

### SECOND AND THIRD PATCH TEST READING

- Return to the office for the 2nd (2 days after patch removal) and 3rd (4 days after patch removal) Patch Test Readings.
- If you are not able to make the 2nd patch test reading, you may take a photo of the patch areas.
- You may shower but prefer to take sponge baths. Keeping the areas of the patch results dry. If the Sharpie lines are fading, please retrace the lines with a Sharpie marker.
- Reading the Patches: - Only if not seen in the office
  - Place the reading cards over the rectangles marked on the skin with the Sharpie marker.
  - Positive reactions are red, raised or blistered, and the reactions form a perfect square. There may be some red, irritated areas due to the adhesive and tape. There may be some darker areas due to the dye.
- Your physician will provide you with handouts on any positive chemical reactions.

**\*\*Failure to cancel 48 hours before your appointment date will result in a \$200.00 administrative fee\*\***

*By signing this form, I understand and agree that I have reviewed this form with a staff member.*

Patient/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

MA/Staff member signature: \_\_\_\_\_ Date: \_\_\_\_\_