



## ASTHMA & ALLERGY CENTER

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[Asthmaweb.com](http://Asthmaweb.com)

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### Patch Testing Instructions For Patients

1. First of all there are no needles, no pricks, no shots and no pain in this testing procedure.
2. Please be sure that you have not taken any oral steroid medications for six weeks before patch testing, and have not used any steroid creams or ointments for two weeks before the tests. Please wear loose, and comfortable clothing on the day of test so that the back can be exposed easily. For men with hair on the back, please shave the upper half off your back 2 to 3 days prior to test.
- 3 The procedure consists of 6 to 8 adhesive strips applied on your upper back. The strips contain small chambers with the tiny amounts of allergens that need to stay in contact with your skin for **48 hours**, after which the strips are removed. If you are allergic to any of the chemicals in the chambers an allergic reaction takes place at the site of contact. We will examine, measure and record the reactions and discuss the results with you. The sites are examined again at **96 hours** to be sure that the negative items are still negative. Occasionally a third reading is required on the seventh day for further confirmation.
4. Most allergic reactions such as those to pollens, cats, peanuts and bee sting after within a few minutes after exposure. However some types of allergic reactions, known as Delayed Reactions occur after a much longer contact.Patch tests are meant to detect such allergic sensitivity.
5. Please do not wet the strips as the allergens may run into each other if water gets in.. So no shower, no bath, no swimming etc. until the strips are removed. You can use a damp towel to wipe yourself.
5. For the same reason: No exercise or sunbathing, as sweating can cause the antigens to mix or drain into each other.
6. If any part of the strips seems to be coming loose ( usually it stays in place), please gently press it back to the skin and seal it. If necessary adhesive tape or Band-Aid may be applied to seal the loose margins.
7. Some itching is expected at the positive sites. Please avoid itching or rubbing on the strips. Benadryl, Claritin, Zyrtec or another oral antihistamine may be taken to suppress the itching. They do not interfere with this type of allergic reaction. Do not apply any local anti-itching creams or ointments etc..
8. If there is significant pain or severe discomfort at any of the sites please call our office for instructions.
9. **Do not erase the skin markings around the strips** as they are required to correctly read the tests.

