

Procedure Information Sheet – Patch Test

1. What is patch test?

Patch testing is a procedure that can help to find out whether your skin condition is caused by contact dermatitis. This condition is an allergy to substances (these substances are called allergens) which come into contact with your skin, such as products at work, at home or in leisure activities. You can then be advised of the names of any identified allergens in order to help you to avoid them.

2. What will be tested?

Around 65 standard substances, which are frequently in contact with the skin, e.g. preservatives, metals, rubber, perfumes and plants will be tested.

3. What does patch testing involve?

- Day 1**
 - First, the doctor will ask you for detailed medical history, from personal skin care products, living environment, working environment, leisure activities or accessories that you wear in order to understand which substances you may be allergic to, and decide whether to do patch test for you.
 - Three visits to hospital are needed. On the first visit, the substances to be tested will be applied to a large skin area, e.g. your back or occasionally the arms or the thighs. Allergens are released when the tape is applied to skin. Please avoid shower, strenuous exercise or sweat-producing activities, in order to keep the tape in place. It is normal to feel itch over the sites, but you are strongly advised not to scratch.
- Day 3**
 - The tapes remain in place until your next visit two days later, when the patches containing them are removed and any reactions noted. Medical staff will take photo for record. Marking ink or tape will remain on your back to ensure it will persist for two more days.
- Day 5 or 6**
 - During the third visit on further 2-3 days later, your back will be examined and photos will be taken for record. The reactions will be discussed with you on the day of follow up. Positive reactions become red and itchy at the test site and usually become apparent by the third visit.

4. Who should not have patch test?

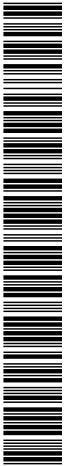
If you are pregnant, breastfeeding, have extensive eczema or skin inflammations on your back, taking medium, or high dose steroids, taking immunosuppressive medications, having sunbath or tanned on your test site within one week, please contact clinic to reschedule your test.

5. For Special Attention

- 5.1. If the patch seems peel off, please secure it with tape such as Micropore. If the whole patch loose, remove it and note the time and date. Please do not re-affix the patch.
- 5.2. Do not do sport or heavy physical work during the week of the tests.
- 5.3. The marker ink may stain the clothes permanently, so do not wear pale-colored clothing.
- 5.4. Contact us if you are concerned.

6. What side effects may occur?

- 6.1. Side effects are uncommon, but may include:
 - 6.1.1. Redness and itching of the skin at the test sites (a positive test result), this usually disappears after a few days. A strongly positive patch test may cause a blister.
 - 6.1.2. Multiple positive reactions may cause large areas of redness or swelling.
 - 6.1.3. Persistent reaction can occur in some positive test results. This may persist for up to a month.
 - 6.1.4. Flare of existing or previous eczema may accompany a positive patch test.





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