

Who should avoid patch testing?

We are unable to patch test patients if they are pregnant, breast feeding or have extensive eczema on their back.

Patients on high dose of steroids or some immunosuppressant drugs may not benefit from patch testing, please discuss with your consultant.

Storage of test results:

Patch test results are recorded on a computer database in an anonymised form. Results are used for audit in accordance with good medical practice.

If you require this **document** in an alternative format or language, please contact 01282 804817

Polish

W celu otrzymania tego **dokumentu** w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই **প্রচারপত্রটি** অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį **dokumentą** kitu formatu ar kita kalba, prašome susisiekti su mumis

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Patch Test Clinic Information For Patients

What is patch testing?

Patch Testing is a specialist procedure carried out in dermatology departments to find out whether your skin condition is caused or made worse by an allergy to substances which may have come in to contact with your skin. This is called contact allergy.

What will I be tested to?

You will be tested to at least 50 separate substances which are commonly in contact with the skin such as rubber chemicals, metals, perfumes, and plants. You may also be tested to additional substances depending on your skin problem.

What does patch testing involve?

Three visits to the hospital are required for the testing. On the **first visit (Wednesday)** the patches will be applied to your back on small discs. These are held in place by hypoallergenic tape. The location of the patches are marked using a skin marker. Occasionally the arms or thighs may be needed if multiple extra patches are needed. You should allow at least 20 minutes for your first visit.

The patches will remain in place for 48 hours until your **second visit (Friday)**. At this appointment the patches are removed, and any reactions are noted. Occasionally, additional patches may be added at this visit. The marking ink and or tape must remain on your back for at least a further three days.

On the **third visit (Monday)** the skin on your back will be examined for further reactions. We will discuss these reactions (if present) with you on this visit.

Important information

DO NOT

- **Do not** apply any creams or ointments to your back on the morning of your 1st appointment or during your testing.
- **Do not** get your back wet during the time you are being patch tested.
- **Do not** expose your back to the sun or artificial sunlight during your patch testing.
- **Do not** participate in any physical sports or heavy physical work during your patch testing as sweating and excessive movement may cause the patches to fall off.

DO

- **Do** wear older darker clothes as some staining may occur.
- **Do** wear a t shirt or vest at night-time to help keep the patches in place.
- **Do** tape any patches down which start to loosen during your patch testing. If a patch strip completely falls off, make a note of the date and time, and discard the strip, please do not attempt to reapply.
- **Do** ask someone to shave your back before your 1st appointment if your upper back is hairy.

What side effects may occur?

Side effects are rare but include:

- Skin reddening and itching from positive allergic reactions.
- Persistent reactions - some chemicals can give a persistent reaction for up to a month or longer.
- Positive patch tests may be accompanied by a flare of existing or previous eczema.
- An increase or decrease in pigment (skin colour) may be seen at the place where the patches were applied. This can sometimes last for several months.
- Scarring - this is extremely rare (1 in 10,000 cases).
- Allergy – this is very rare (1 in 500 occasions). It is possible to become allergic to one of the substances applied during patch testing. If this happens, you will be advised how to avoid the substance.