

## Patch Test Information

Before the test: For one week prior to the test AND during the week of the test

- No over the counter antihistamines
  - Benadryl
  - Allegra
  - Claritin
  - Zyrtec
  - Medicated nasal sprays (such as Flonase or Allertec)
- No prescription steroids (Prednisone, Hydrocortisone)

Week of the test:

- Still no antihistamines or steroids
- No vigorous exercise or anything that would lead to excessive sweating
- No full body bath or shower
  - You can “sponge bathe” but *no water is to touch your back*
- Wear a loose fitting, older shirt to your second appointment because of the risk of sharpie ink stains to the fabric

What to expect at the appointments:

- First appointment: We will apply the allergens to your back. There will be 8 adhesive panels taped to your skin—no needles. These will stay in place until your second visit 2 days later.
- Second appointment: We will outline the adhesive panels with sharpie and record numbers on your back before removing the adhesive panels. We will record any reactions we see at this time but it is too early to diagnose a true allergy at this point. *Though the patches are now off the skin, there is still to be no water on the back for the next 5 days before the final appointment.*
- Third appointment: We will examine the back for any reactions. At this time, we will officially be able to diagnose a contact allergy. We will provide you with information sheets on any allergens you are found to be allergic to. This will review the types of products the allergen is found in and all the names it may be labeled as in an ingredients list. Your next step will be reviewing ingredient labels of items you have at home and then at the store for any items you need to replace.

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