

## Department of Dermatology

# Patch Testing

### What is patch testing?

The aim of patch testing is to try to discover whether you are allergic to anything that comes into contact with your skin. **Three visits are required: Monday, Wednesday and Friday of the same week.**

**Monday:** you will have chemicals placed on special adhesive tapes applied to your back. This may occasionally feel uncomfortable, but should not cause any pain. We recommend that you do not wash your back until after your final visit on Friday.

**Wednesday:** the test tapes will be removed. There will be marker ink on your back which needs to be kept dry until Friday.

**Friday:** the results will be explained to you by the doctor.

### What should I bring to the patch test clinic?

- **A list of your medication:** including ointments and creams.
- **Your own products:** such as toiletries, cosmetics, nail polish, perfumes, and hair care products (in their containers and packaging if possible).
- **Work chemicals:** if you think that substances at work may be aggravating or causing your rash, please deliver samples in well-sealed labelled containers **at least 4 weeks before** your appointment to the Dermatology Department. Please also bring the Health and Safety Data sheets which will be available in your place of work.



## Patient Information

### Can anyone have Patch Tests?

We may not patch test you if you are pregnant, breastfeeding, have extensive eczema on your back, have had sun exposure or used a sun bed over the previous 2 weeks, or are on steroids.

### General advice:

- Keep your back dry during the tests.
- Do not wear your best clothes as the marker ink may stain. Wear an old bra or T-shirt for the week of the tests and wear a T-shirt or vest to sleep in order to protect the tests.
- Do not apply any creams to the test area during the week of testing.
- Avoid sport or heavy physical work during the week of the tests.
- If a patch starts to peel off, reinforce with tape. If a whole patch comes loose remove it and note the time and date.

### Further Information

If you have any questions or concerns, please contact **Sherry Thornton, Secretary to Dr Tang Shim, Consultant Dermatologist on 02476 966307.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6305 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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