

# Buffalo Medical Group, P.C.

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## PATCH TEST INSTRUCTION SHEET

A patch test is a diagnostic tool to help determine if your skin rash is caused by an allergic reaction. A patch test helps to identify the exact substance or substances that may be causing your skin problem.

Some common sources of contact allergens are ingredients in cosmetics, perfumes, soaps, creams, shampoos, and other products to which you may frequently be exposed. Patch tests are different from scratch or prick tests and do not identify food or inhalant allergens, or allergies to oral medications.

The test involves the application of small amounts of known allergens placed on the surface of your back. For men, please make sure your back is shaved if necessary prior to testing. The patch tests sites are covered by tape and should remain in place for approximately 48 hours. *You cannot shower or do any work or exercise that will wet or loosen the patches.*

The patch sites will be traced on your back with a marker. Please wear dark or old clothing as the marker may stain your clothes. Please remove the patches on WEDNESDAY morning prior to your first reading and discard them. You *may* be asked to return on FRIDAY for a second reading, if necessary. Between the two readings, you can bathe, but you may not wash your back.

If you develop itching under the patches you can take an antihistamine. If the itching becomes severe or painful remove the patch. Try not to disturb the other patches. You may develop a raised area or blister at the reacting site.

You cannot be tested if you are taking cortisone pills, or have had a cortisone injection within 2 weeks of your patch testing appointment, or if you are taking cyclosporine. Please call our office if you have any questions. Refrain from getting too much sun exposure on your back prior to your patch tests. Do not apply any topical creams or lotions (including topical cortisone), to your back the morning you are scheduled for patch tests.

Please complete the medical information form and bring it with you to your appointment.