

**Information on Patch Testing**

\*Please review 1 week prior to testing\*

Your Doctor has ordered a patch test for you. Your appointments are scheduled on the following dates:

1. \_\_\_\_\_ at \_\_\_\_\_ AM/PM  
DATE TIME

at our **Foulkstone/ Iron Hill/ Middletown office.**

2. \_\_\_\_\_ at \_\_\_\_\_ AM/PM  
DATE TIME

at our **Foulkstone/ Iron Hill/ Middletown office.**

3. \_\_\_\_\_ at \_\_\_\_\_ AM/PM  
DATE TIME

at our **Foulkstone/ Iron Hill/ Middletown office.**

Please be aware that if you fail to arrive for your appointment time, **you will need to be rescheduled.**

We ask that you notify us **at least two working days in advance** if you will be unable to keep your appointment. It is important that you call your insurance company and verify coverage for patch testing. If your health plan requires a referral from your primary care physician please inquire if the one we have on file also includes patch testing along with allergy testing, treatment, and serum.

**Patch Testing** requires three (3) separate appointments:

- 1.) The patches are applied on a Monday, usually on the patient's back.
- 2.) On the return visit Wednesday, the patches are removed and a reading is taken by the doctor.
- 3.) The patient returns on Thursday or Friday (Depending on your doctor's office hours) when a final reading is taken and the doctor will go over the results with the patient. (Some offices can offer the testing on a Tuesday, requiring the patient to return on Thursday and then again on Friday)

**Metal Patch Testing** requires four (4) separate appointments:

- 1.) The patches are applied on a Monday, usually on the patient's back.
- 2.) On the return visit Wednesday, the patches are removed and a reading is taken by the doctor.
- 3.) The patient returns on Friday when the doctor takes another reading.
- 4.) The patient returns on the following Monday when a final reading is taken and the doctor will go over the results with the patient.

**Please wear loose fitting clothes to the first visit and while wearing the patches- a tight shirt may rip the patches off when you remove it. Until the second visit, the area where the patches are applied must not get wet from the shower, from swimming, or from excessive sweating during physical activity.**

**To ensure accurate testing results, certain medications should be stopped prior to testing, although you should not stop any medications without talking to your prescribing physician.**

**Medications that interfere with testing include but are not limited to:**

- Oral steroids (Prednisone) – must be stopped within two (2) weeks of your appointment.
- Topical steroids- do not use on back for two (2) weeks prior.

Other information to note:

- No sun tanning on the back for two (2) weeks prior, either outdoors or by tanning booth.
- Antihistamines DO NOT interfere with patch testing and are ok to continue to use.