



INDIANA ALLERGY & ASTHMA

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What to expect when Patch Testing.

Patch testing is the gold standard for the identification of a contact allergen. The testing process will consist of 3 visits (on rare occasions more) and you will not be able to shower for this duration. Once the patch is placed you will be asked to come back at least twice for the readings. The whole process can take 5-10 days, depending on intervals between readings.

- The day of the patch test, you should take a shower/bath. Do not use moisturizer that day or any topical steroids for one week.
- You should not have systemic (by mouth or by injection) prednisone for 2 weeks before the patches are placed.
- A patch test will be taped to your back to ensure the patch stays in place.
- The testing area cannot get wet so you may not shower, exercise or participate in any activity that would cause you to sweat for the duration of the testing process (until your final visit).
- In general, you will be asked to return to the office at 48-72 hours and again at 5-7 days for us to observe the testing area for reactions.
- At your 48 hour visit the patch will be removed from your back. After 20 minutes, we will observe the area for any reactions.
- After the 48-72 hour reading you still may not get your back wet, so no showers or exercise yet.
- We then ask you to come back in the next few days after the patch tests have been off for some time to observe the area again to see if any reactions have developed.
- If there are any positive reactions you will be given a handout with what the substance is, where it is found, and possible ways to avoid it.
- You will usually see your physician again after the final reading so they can give further recommendations based on your test results.