



## Patch tests

### Introduction

A patch test (epicutaneous allergy test) is a test that examines whether you have a contact allergy to a certain (raw) material or product. If you are indeed allergic to the tested substance or product, an (eczema) reaction will occur at the place where the substance is stuck on the skin.

The practitioner decides with you on which substances to test. If it has been decided to (also) test your own products, you may bring a maximum of 10 products in original packaging, no detergent / fabric softener and shampoo (unless requested to do so by the doctor).

Patch test consists of three visits:

- Day 1: The substances to be tested are glued to the back with special plasters.
  - Day 3: You remove the patches yourself (you can throw them away). Please check whether the marking is still visible. If necessary, mark with a waterproof marker.
  - Day 4 or 5: The skin is again assessed for any reactions (final reading).
  - Points of attention
  - The back should not get wet during the entire test period
  - To prevent the patches from loosening and / or slipping due to perspiration, please avoid excessive physical exertion throughout the test period (e.g. sports / heavy work) • Do not apply cream or powder on the back prior to and during the test
  - With a strongly hairy back, please shave your back 48 hours before the test
  - Do not sunbathe shortly before and during the test (not even under a solarium)
  - With Prednisone  $\geq 10$  mg stop 1 week in advance, lower dosage no problem
  - Do not apply hormone ointment (corticosteroid cream) to the back until five days before the test
  - Report in advance (by telephone) to the practitioner or doctor's assistant if you are pregnant.
- Possible side effects
- Transient itching and irritation of the skin due to the substance (s) tested
  - Worsening of the eczema
  - Pigment discoloration at the test sites
  - A new contact allergy for one of the substances tested while you were not yet allergic to it (very rare)

### Finally

If you have any questions after reading this brochure, please contact the Dermatology outpatient clinic.

The outpatient clinic can be reached from Monday to Friday from 8:30 am to 4:00 pm by phone: (079) 346 28 86. We appreciate your opinion. If you have any comments or suggestions about this brochure or about your treatment, please let us know.