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Consulting Allergy and Clinical Immunology

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Before you have a patch test done, you should:

1. Shower or bathe prior to your appointment as you will be unable to get the testing site wet for up to 96 hours after application of the patch.
2. Avoid the use of oral or topical steroids on the test area for 2 weeks prior to testing. Also oral steroid therapy (i.e. Prednisone) may interfere with results. Please notify our office if you are currently taking oral steroid therapy.
3. If you are on inhaled steroids (i.e. Flovent puffers), please let us know.
4. Minimize sun exposure on the test area 3 weeks prior to testing.
5. DO NOT apply lotions, creams, or ointments to the test area before the test.
6. Your upper back must be free of body hair; this may require shaving. Please arrange the necessary shaving at home, or if not possible bring a shaver to your appointment.
7. Please notify our office if you have any appointments for imaging (MRI, etc) during your patch test appointments. Patch testing cannot be carried out if you are scheduled for imaging as the patch chambers contain metal.

During the test period, you should:

- Keep the patch test area dry. Avoid activities that cause perspiration, i.e. organized sports.
- You may NOT take a bath or shower until after the patch is removed; however, you may sponge bathe around the patch test site.
- Wear loose-fitting clothing. Also, wear dark clothing for the removal appointment. If you are wearing a bra, please ensure that it can be undone from the back to access the back area for testing.
- Call Dr. Ohayon's office immediately at 905-777-0088 if the test site is severely burning or itching or if the patch test becomes loose.

Please note that the testing site where the patch has been applied will be uncomfortable. This discomfort is usually caused by the tape securing the patch

It is recommended that you have a camera on hand in case of delayed reactions. If photos are taken, please email them to us at info@hamiltonallergy.ca. Dr. Ohayon may ask that you return to the office to assess the testing site and mark out the area of concern.

If skin testing is also indicated at your patch testing appointment:

- No antihistamines, over-the-counter cough, cold, or flu medications including Gravol, (which contains a decongestant) for five (5) full days prior to the visit.
- Asthma puffers, Allergy nasal Steroid sprays and Eczema creams MAY BE CONTINUED.
- If you are on beta-blocker therapy, you will require permission to discontinue their beta-blocker for four (4) days prior to this appointment. ****ALLERGY TESTING WILL NOT BE DONE WHILE ON A BETA-BLOCKER**** If you cannot tolerate discontinuing your beta blocker prior to the appointment, then we will see you in consultation first.
- Please have the family take photos and maintain diary of these episodes.