

## Where can I get more information about Patch Testing?

For further information about Patch Testing please visit:

British Association of Dermatologists:  
<http://www.bad.org.uk/for-the-public/patient-information-leaflets>

<https://www.dermnetz.org/topics/patch-tests>

## Notes

*Use the space below to write down any questions you might have or to make notes.*

## Further information and help

For further information contact:

Angela Woodley  
Dermatology Liaison Nurse,  
Outpatients Department  
Western Isles Hospital  
Tel: 01851 708252  
E-mail: [angela.woodley@nhs.scot](mailto:angela.woodley@nhs.scot)

If you experience any serious symptoms out of hours please contact:

**NHS24 telephone number: 111**

## We are listening - how did we do?

We welcome your feedback as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:  
[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at:  
[www.careopinion.org.uk](http://www.careopinion.org.uk) or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

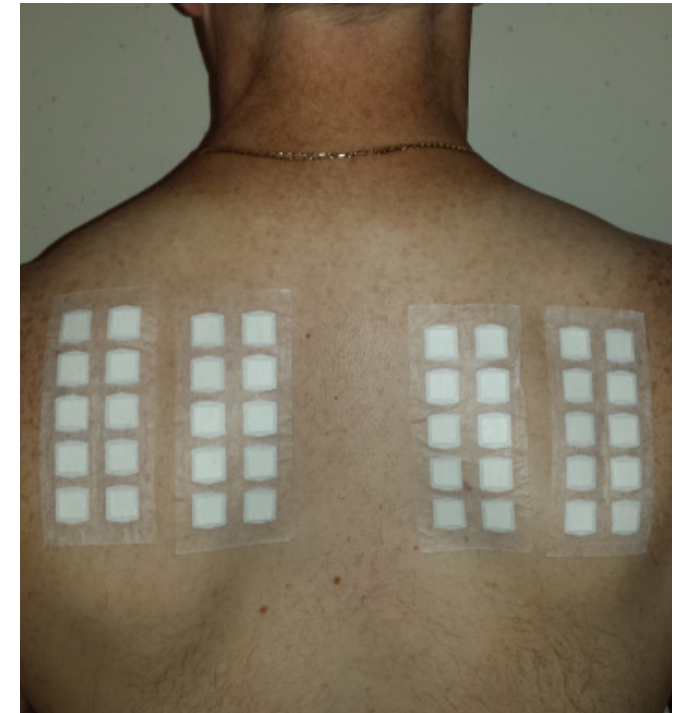
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NHS Western Isles

Outpatients Department

## Patch Testing



Patient information leaflet

## What is Patch Testing?

Patch testing can help find out whether your Eczema/Dermatitis is caused by an allergy to substances that come into contact with your skin.

For example, materials you come into contact with at home, work, or during leisure activities.

Please note that Patch Testing **does not** test for food allergies.

## What will be tested?

You will be tested for at least 41 allergens commonly in contact with the skin.

These include rubber, chemicals, metals, perfumes and plants, and possibly additional substances depending on your skin problem.

## What is involved?

There are no needles involved in the testing, but instead sticky tape is used.

It can feel rather unpleasant having sticky tape all over your back. Itching is normal and a strong reaction can feel very itchy.

Men with hairy backs usually find removal of the tape uncomfortable. Due to this, hairy backs may be shaved on the first visit.

## The Test

You will need to attend the hospital on three separate days in the same week - Monday, Wednesday and Friday.

Please note there may be occasions when clinics may be delayed.

### Monday

On Monday, the specialist nurse will ask you questions about your skin problems.

You will then have patches applied to your back with hypoallergenic tape and marked with ink. The patches will remain in place until Wednesday.

Please allow up to 30 minutes for this visit.

### Wednesday

On Wednesday, the patches are removed and any reactions will be noted.

Please allow up to 5-10 minutes for this visit.

### Friday

On Friday, your back will be examined again and any reactions discussed fully with you. Please ask any questions you may have.

You will be provided with written information about any substances that you have reacted to.

Please allow up to 15 minutes for this visit.

## Important points

- Please do not apply any moisturisers, ointments and/or creams to your back on the morning of your appointments.
- Do not take any Antihistamines from one day prior to the test.
- If you are taking steroid tablets please contact us for advice prior to your appointment.
- Please keep your back dry during the tests. This means no deep baths or full showers for the whole week.
- Do not wear your best clothes as the marker ink may stain.
- Do not expose your back to the sun during this procedure.
- Avoid sport or heavy physical work during the tests, to avoid sweating.
- Do wear old clothing and a T-shirt or vest to sleep in order to help keep the patches in place.
- If a patch starts to peel off, reinforce with first aid tape.
- Positive reactions become red and itchy at the test site and usually become apparent by the Friday appointment. If any become red and itchy during the week after the test, please contact us for advice.