

Instructions for Allergy Patch Testing

Allergy Patch Testing requires that you return to our office for two additional appointments after the patches have been applied. You will be billed for office visits for both of these appointments and will be responsible for any co-pays required by your insurance. You will also need a follow-up appt. with either Dr. Gergits or Kayleigh Parks, PA-C, to review all of your allergy testing results and determine a specific course of treatment for you.

The method of patch testing used by Northeast ENT is the "T.R.U.E." test, a **thin-layer rapid-use epicutaneous** test.

This test incorporates three strips applied to the upper back which must remain in contact with the skin for 48 hours. In rare circumstances, the patches can be removed before the 48 hours is complete. The patches will be applied on a Monday. The return visit for patches to be removed and an initial reading taken will be on the following Wednesday and the final reading will be on the following Friday. The area where patches are applied must be kept dry-care must be used when bathing and washing hair. Excessive sweating must also be avoided.

This patch test will test your reaction to 29 specific allergens and 1 negative control. The pamphlet provided lists these allergens, which are the most common allergens suspected of causing allergic contact dermatitis.

Following application of the patch, the allergen will penetrate the skin and, if you are allergic, it may cause inflammation, redness, itching, burning, and/or blistering of the affected skin.

Prior to application of the patch, **do not shave or irritate the testing area.** The area of the back where the T.R.U.E. test will be applied must be healthy skin that is free of acne, scars, dermatitis or any other condition that may interfere with interpretation of test results.

All above information was provided by Allergen Patch Test, T.R.U.E. TEST product information pamphlet.

MEDICATION instructions:

Two weeks prior to testing, DO NOT TAKE OR USE:

1. Topical Steroids
 2. Oral Steroids
-

Three days prior to testing, DO NOT TAKE:

1. Antihistamines
2. Tranquilizers
3. Muscle Relaxants
4. Nasal Sprays

On the day of testing, DO NOT USE any of the following at site of test:

1. Body lotions
2. Body sprays
3. Powders

Pregnant or Nursing Mothers Cannot be tested by T.R.U.E. test.

After Patch Strips Have Been Applied:

1. Care must be taken to keep strips dry and adhered to skin.
2. Care must be taken when bathing and washing hair. Use extreme care when showering or avoid showering altogether.
3. Excessive sweating should also be avoided. (Exercise should be kept to a minimum.)
4. Physical activity and/or mechanical action that may result in the reduced adhesion or actual loss of patch test material must be avoided.
5. Exposure to the sun must also be minimized.

Additional Information:

1. For the initial application of the test and at the subsequent appointments, please wear a button-front or zip-front shirt, sweater, etc.
 2. Itching and burning are common reactions to the test. If any reaction becomes severe or intolerable, please contact our office immediately at 387-4368.
 3. Dermatitis flare-ups may occur in some patients.
 4. Occasionally, hyper-pigmentation of the test site occurs during healing.
 5. Healing, with or without medication, normally takes place within 5 days to 2 weeks, although reactions in some patients may persist longer.
 6. Extremely sensitive patients may exhibit extreme reactions that may become large, red and blister-like.
 7. Excited Skin Syndrome ("Angry Back") is a state of hyper-reactivity induced by a dermatitis on other parts of the body or by a strong positive skin test reaction.
 8. On rare occasions, it may be necessary to remove the test strip before 48 hours has passed due to severe itching or burning sensations.
-