

PATCH TESTING INFORMATION DURING COVID-19 PANDEMIC

CUTANEOUS ALLERGY CLINIC
Glamorgan House (Ground Floor)
The Welsh Institute of Dermatology, University Hospital of Wales
Cardiff CF14 4XW

What is patch testing?

Patch testing is a way of finding allergies to chemicals/materials that come in contact with skin during your daily activities at home, work, hobbies or other recreational activities.

Patch testing does not detect food allergy or allergy causing sneezing, asthma or hives.

How many visits will be needed?

Mon pm and Fri pm visits in the same week are **essential** for the tests to be performed appropriately.

If you are not able to attend Monday for any reason, please ring us on 029 20745024.

1st visit: on Monday afternoon for about 30 min to see doctor and then nurses to apply the patches

2nd visit: Wed morning: note during the COVID-19 Pandemic this visit is cancelled and you will need someone at home to take patches off your back: details will be provided on Monday visit.

3rd visit: on Friday afternoon for about 30 min to inspect back and discuss results

The appointment time for the Friday visit will be the same time as your first visit on Monday.

How is the patch test performed?

Mon: Tape with suspected materials are applied on to the back and covered with adhesive tape.

Wed: Tape needs removal at home and the skin on your back is re-marked if needed.

Fri: Final reading and the results will be explained to you by doctor at this visit.

What should I bring to the clinic?

Bring written ingredients (photo of label) of any substance that you suspect is causing your rash or making it worse: **Household:** cosmetics, perfumes, deodorants, toiletries, skin treatment creams, shoes, hobby related articles; **Work:** any special clothing, chemical or equipment you use at your work **e.g. please bring any specific gloves or 1-2 cosmetics only.**

If possible try to find out the name and chemical nature of these products. For household articles you can find this information on the packaging or enclosed leaflets and please bring them along.

For work related articles this information can be found on 'Material Safety Data Sheets' and your supervisor may be able to obtain them for you.

Also bring a list of your current medications and any skin treatment creams/ointments you are using.

Do I need to take any precautions before the visit?

1. **Stop any steroid creams you may be using on your back for 2 days before the visit.** You can continue to use the steroid creams elsewhere.
2. Avoid applying any moisturiser to the back on the day of first visit.
3. Avoid excessive sun exposure in the week prior to the clinic visit.

Any precautions during the test?

1. **The back has to remain dry throughout the 5 day period and no showers/baths are allowed during the period of testing.**
2. Avoid exercise or excessive movements as the tape may fall off.
3. The tape may irritate the skin and may also restrict your back movements and you may need to make appropriate adjustments at home/work.
4. Wear dark & old clothing during this week as the ink used to mark skin may stain the clothing.

If you have any questions the staff in the Cutaneous Allergy Clinic will be happy to answer them.

MMC 20/05/2020