

Patch Test Instructions

1. Do not take antihistamines (Benadryl, atarax/hydroxyzine, Claritin or its generic versions, Clarinex, Allegra or Zyrtec) or prednisone (Cortisone) during the test period.
2. Leave all patches in place for 48 hours.
3. The patches should not get wet at any time. During this test, you must not shower but you may bathe.
4. Try to avoid strenuous physical activities that could make you sweat (such as aerobic exercises).
5. If any patches loosen during the test period, you can add additional tape, but do not replace any existing tape.
6. Once the patches are removed, you may shower with water but do not apply soap or scrub the test area.
7. Minor itching is normal under the patches. If the itching is severe, you can place a cold ice pack on the area. If there is burning, please call the office at 303-604-1444.
8. After the test reading, you should contact the office if additional redness develops within several days.
9. Copays are collected at each visit, if required by insurance.
10. Patch tests are normally scheduled on Monday, Wednesday and Friday.
 - Monday - Patches are placed on the test area
 - Wednesday- Patches are removed, and doctor will examine for any reaction(s).
 - Friday- Doctor will examine for any delayed reaction(s).

