

Patch Test Instruction

Skin patches **MUST** remain on for 48 hours. It is ok for the patches to remain on longer but not less than the 48 hours.

You must **NOT** get the patches wet. Therefore showering is **NOT** suggested. It is suggested to tub bath or sponge bathe being careful not to get the patches wet.

No swimming or heavy, strenuous exercise that may cause the patches to become wet and fall off.

PRIOR TO REMOVING THE PATCHES retrace the ink marks on your back made by the nurse/doctor then remove the patches and discard.

You **MUST AVOID** showering after the patches are removed *and* until after you have returned to clinic to have your patch test read by the doctor.

If you experience severe itching, antihistamines may be used for relief.

If your patches fall off during the first 48 hours call the clinic. You may have to rebook an appointment to have the patches re-applied.

REMOVE YOUR PATCHES _____ ANYTIME AFTER _____.