



## **PATCH(T.R.U.E.) TESTING**

Your provider has recommended patch testing to assist him/her in identifying the source of your Allergic Contact Dermatitis. Testing involves a series of three (3) appointments scheduled on a Monday, Wednesday and Thursday.

At the first appointment, a member of our clinical staff will apply the patches, typically to the left upper back. Each patch (the T.R.U.E. test contains 36) puts diluted material deemed to have allergenic potential in contact with the skin. At the two subsequent appointments, your provider will check the skin to which the patches were applied and record any reaction.

To ensure the best outcome, we ask the following:

- No injectable steroids (e.g., prednisone) within one (1) month of testing.
- No oral antihistamines within 5 days of testing. These include Zyrtec (cetirizine), Allegra (fexofenadine), Claritin (loratadine), Atarax (hydroxyzine) and Benadryl (diphenhydramine).
- No topical corticosteroid medications in the testing area (i.e., back) 2-3 weeks prior to testing.
- Limit sun exposure on the test area (i.e., back) for at least three (3) weeks prior to testing.
- Do not use any ointments, lotions or powders on the skin prior to the application of the test panels.
- Wear loose clothing during testing.
- Do not shower during testing (patch test panels must be kept dry).
- Avoid vigorous exercise or other activities which may cause substantial perspiration.

Please note that test sites may be itchy and uncomfortable. Do not scratch. You may also experience a flare-up of dermatitis on areas of the body other than where the test panels are placed. Should you have a reaction that is or becomes severe, please call our office at (704) 235-1827.

Following the final reading, you will receive information regarding any allergens to which you reacted, as well as how to identify and avoid them. Additional testing may be recommended for patients with no reaction.