



PATCH TESTING

On your next visit, you will be patch tested to find out if you are allergic to products and chemicals that you are in contact with. This is a type of testing that does not require the use of needles and results in little or no discomfort. This will require three visits, usually on a Monday, Wednesday and Thursday.

Patch testing requires the following preparations:

DO NOT TAKE ANY ANTIHISTAMINES FOR 48 HOURS PRIOR TO TESTING. DO NOT TAKE PREDNISONE FOR 2 WEEKS PRIOR TO TESTING VISIT.

Examples of antihistamines are: Actifed, Allegra, Astelin, Astepro, Atarax, Benadryl, Benylin, Chlorpheniramine, Chlortrimeton, Claritin, Contact, Diphenhydramine, Dimetapp, Dramamine, Fexofenadine, Hycomine, Hydroxyzine, Levocetirizine, Loratodine, Palgic, Patanase, Phenergan, Semprex, Sominex, Tavist, Tussionex, Tylenol (Allergy, Cold, Flu, PM Simply Sleep), Unisom, Vistaril and Zyrtec. Many over-the-counter medications have antihistamines in them. Please read labels and if you have questions, please call the office.

Continue to take asthma medications including Singulair, Accolate, Theophylline, inhalers and all other medications that you normally take on a regular basis EXCEPT antihistamines.

You may use nasal sprays (except ASTELIN, ASTEPRO, DYMISTA and PATANASE), eye drops and inhalers.

Please eat before testing. Do NOT skip any meals; eat PROTEIN (chicken, beef, pork, yogurt, turkey, beans, eggs, fish, soy, pizza or cheese) and drink at least 8 oz. of water within half an hour of testing. Protein shakes are acceptable, protein bars are not.

Please do not use lotions or creams on your arms or back the day of testing. Since you will not be able to treat yourself with antihistamines for 48-72 hours prior to testing and 72 hours after, please try to avoid exposure to activities that set off your allergies during the 24-hour period before your testing. For example, mowing the lawn or extensive dusting may aggravate allergies in many patients.

Reschedule your testing if you feel ill or have a fever, shortness of breath, wheezing, rashes or a severe cold on the day of testing.

On your first visit, you will need to bring in all personal products including body and facial soap, shampoo and conditioner, hair mousse, gel and spray, hand and body cream, makeup, perfume, shaving cream, depilatories, and personal hygiene and baby wipes. Your products and approximately 60 additional chemicals will be placed on your back under small foil covers. These will remain on your back for 48 hours. At that point, all patches will be removed to assess your sensitivity. You will return 24 hours later to check for any late sensitivity. You must keep your back dry during that period. Therefore, you must avoid showers and heavy sweating until after our last visit.