



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Patch Testing

Information for patients, relatives and carers

① For more information, please contact:  
Us on one of the telephone numbers on page 9

## **Dermatology Department**

The York Hospital, Wigginton Road, York, YO31 8HE

Tel: 01904 631313

Scarborough General Hospital

Woodlands Drive, Scarborough, YO12 6QL

Tel: 01904 342492

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Patient's ID label
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If you are unable to attend any of the appointments, please contact the department on 01904 726629 **no later than 10 days** before your first appointment.

Your appointments are as follows	Day & Date	Time	Place
Application			
First read			
Doctor appointment			

**When you attend for the patch test application please bring with you the following items:**

## **What is patch testing?**

It aims to try to find out if you are allergic to particular substances that you may come into contact with at work or at home. It is a test performed on the skin of your back.

## **Why have patch tests?**

This test is for diagnostic purposes. If there are any positive reactions to the test the doctor will advise you on the substance and how you might avoid them.

## What does the test involve?

It involves attending the Department **three times** in **one week**. Your first appointment can be up to an hour long. At this appointment, sticky patches containing a series of substances will be applied on your back. These stay in place for 48 hours.

On your second appointment you might be in the department for up to an hour. The sticky patches are removed and we assess your back for any reaction to the substances.

On this visit we advise you to wear a dark coloured blouse/shirt/t-shirt. This is because we outline the patches on your back with a marker pen prior to removing them. It is possible that the pen may stain your top.

These marks must remain visible on your back so we ask that someone checks them daily and goes over them with a pen if necessary.

On your third visit you will be reviewed by the doctor in clinic.

## **Are there any risks?**

As with any procedure, there are risks. If you get a positive reaction to any of the substances on your back it may cause some redness or soreness and sometimes blisters may occur. We will advise you how to care for these symptoms should this happen. If you have eczema this may flare up after having the patches applied.

## **Is patch testing painful?**

You may experience some discomfort due to the sticky patches on your back. If you get blistering reaction which is uncommon it may feel very sore and /or itchy.

There are **NO** needles involved in patch testing.

## **Who will carry out the procedure?**

A trained nurse carries out the procedure.

## **Are there any other forms of test available?**

Currently there are no other tests available in the dermatology clinic to investigate whether you are allergic to particular substances.

# Is there anything else I need to know about the procedure?

We advise that you keep your back dry for the whole week. However you can have a shallow bath or a strip wash. After your last appointment with the doctor you can bathe or shower.

## Important points

1. Patch tests are specifically made up for you from the Doctor's prescription and cannot be used for any other patient. Therefore, if you cannot attend for **all** the appointments please contact the department **no later than 10 days** before your first appointment.

Your appointment with us is important and you should always try to keep it. If you need to change your appointment please contact us on **01904 726629 for York patients, and for Scarborough Patients 01723 342492**. Please note that if you cancel your appointment on two consecutive occasions; or if you fail to attend your appointment without letting us know, we will discharge you back to the care of your GP.

2. If your G.P starts you on steroid tablets you need to inform us before your appointments as they can affect the outcome of your patch tests.

3. If you are on anti-histamine tablets **do not** stop taking them.
4. Avoid all forms of sun exposure for two weeks prior to your appointments as these can affect the outcome of your patch tests.
5. Do not use sunbeds for two weeks prior to your appointment.
6. Avoid all active exercise for example golf, swimming, running etc. during the week of your patch test appointments: As it may disturb the patches on your back.
7. The sticky patches are usually applied to your back. It is often difficult to stick these patches if men have a lot of hair on their back. If you do, we would advise that three days before your first appointment please could you shave your back carefully to avoid cutting the skin. It will make it easier for us to carry out the patch test on you. If you are not able to do this then please do not worry. Your nurse will assess you on your first appointment.



## **Contact Details**

### **York Clinic**

Tel: 01904 726629

Monday, Wednesday and Friday

7 am to 6.00 pm

Tuesday and Thursday

8 am to 5.30 pm

### **Scarborough Clinic**

Tel: 01723 342492

Monday , Wednesday and Friday

7 am to 5 pm

### **Selby Clinic**

Tel: 01904 724296

Monday to Friday

8 am to 5 pm

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please speak to the nurses on your next visit to the department, or contact the appropriate department where you are been seen at.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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Owner	Sharon Thompson/Andrea Trafford
Date first issued	August 2005
Review Date	June 2024
Version	9 (issued July 2021)
Approved by	Dr Thomson, Consultant Dermatologist
Document Reference	PIL 346 v9
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