Patch Testing
Information for patients, relatives and carers

ℹ️ 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

Caring with pride
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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.

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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 substances 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, the sticky patches are removed and we assess your back for any reactions to the substances.

On this second visit, we advise you to wear an old blouse or shirt. This is because we outline the patches on your back with a marker pen, then we remove the sticky patches. It is possible that the pen may stain your top. These marks must remain visible on your back. So we ask that someone goes over the marks daily with a pen.

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 small blisters may occur. We will advise you how to care for these symptoms and they will settle down in time.

Is patch testing painful?

No, but you may experience some discomfort due to the sticky patches on your back.

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. 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. 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.

6. 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
7am to 6.00pm
Tuesday and Thursday
8am to 5.30pm

Scarborough Clinic
Tel: 01723 342492 or 368222
Ext 2217
Monday – Friday 1pm-9pm
Saturday and Sunday alternate weekends

Selby Clinic
Tel: 01904 724296
Monday, Wednesday and Friday
8.30am-1pm
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 contact: Melanie Bruton, Staff Nurse, Dermatology Out Patients Department, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726629.

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.

An answer phone is available out of hours.
Listening in order to improve • Always doing what we can to be helpful
Please telephone or email if you require this information in a different language or format

如果你要求本資訊以不同的語言或版式提供，請致電或發電郵

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

01904 725566
email: access@york.nhs.uk

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Large print Electronic