

Epicutaneous test (patch test)

This letter contains important information about your treatment. Read the letter and any enclosed information carefully. Skin tests will be performed on your back in order to determine if you have a contact allergy. The test substances will be placed in aluminium chambers and attached to the skin on your back for two days. The test labels will then be removed and the area monitored for 2-10 days. The tests will require 3-4 appointments.

In order to obtain a reliable test result, please note the following:

- You may not get your back wet during the test week. Wash yourself the evening before the tests. During the test, you can wash yourself without getting your back wet.
- Do not apply any lotions or creams to the skin on your back from the evening before the tests start until the last test appointment.
- Do not expose your back to the sun for three weeks before or during testing.
- The same applies to light therapy on the skin of your back.
- We do not recommend wearing a bra during the tests.
- Avoid sweating, exercise, stretching movements and chafing of the test area.
- If your job involves physical work, you may need sick leave for the duration of the tests.
- Avoid scratching and rubbing the test area.
- The marker pen and Vaseline used in the tests may stain your clothing.
- Any cortisone tablet medication taken orally must be less than 10 mg/day.
- We do not perform the tests during pregnancy.
- If you get sick during the testing period, the test will be terminated.
- Any additional tests may be carried out a minimum of two months after the previous ones.
- The starting days for epicutaneous tests are Monday, Tuesday or Wednesday.

Contact details:

HUS Skin and Allergy Hospital

Allergy Research Center, 2nd floor (one floor down from the main door lobby)

Meilahdentie 2, 00250 Helsinki

Inflammation Center helpline 09 471 75200, Mon-Fri from 7:30–14:00

Patient instruction / Approved: 26.4.2022

Hyväksytty: 19.09.2022