

**TEST CODE: 95044**  
**ICD-10 DX CODE: L30.9**  
**QUANTITY: 50**  
 \*Please check insurance coverage prior to testing.

# Patch Testing

## Contact Allergy and ACD

A patch test will determine if your skin condition is caused by allergic reactions to haptens.



The eczema, flaking skin or blisters you are experiencing may be symptoms of **Allergic Contact Dermatitis (ACD)**. ACD is a disease of the skin that emerges in people with **Contact Allergy**.

Contact allergies develop over time by exposure of the skin to **Haptens**. With increased exposure of a certain hapten the likelihood of developing a Contact Allergy increases. The threshold of how much exposure of a hapten one can endure before developing contact allergy is individual and varies greatly from one person to another.



Haptens are small, chemically reactive, molecules that binds with the proteins in your skin - eliciting immune responses. Haptens can be found in all sorts of products such as jewelry, makeup, perfume, shampoo, clothing or preservatives in work related products.

## Patch Test



The test procedure for diagnosing Contact Allergy will involve a number of visits at a clinic within a one-week time frame. After an initial consultation with your physician a patch test will commence. The test consists of a set of patch test units containing small amounts of suspected haptens being applied to your back. The Patch Test Units are designed to provide ideal for the haptens to interact with your skin.

After two days the patch test units will be removed by your physician and, depending on the haptens tested and on your skin type, one or more return visits will follow for skin *reading* (interpretation).

## Precautions



- Any medication altering the immune system (e.g cortisone and antihistamines) cannot be used during the test period.
- Depending on the Patch Test Units used, showers, bathing and exercise may have to be avoided - ask you physician for directions.

- Do resist the urge to scratch your back during the test.
- Don't expose your back to sunlight for the duration of the patch test.

## More information



Visit [www.chemotechnique.se](http://www.chemotechnique.se) for more information on Patch Testing and on specific haptens.

## Scheduling:

- Apply patches on a Mon

Appt 1: \_\_\_\_\_

- Remove patches on a Wed (with MA)

Appt 2: \_\_\_\_\_

- Read on Thurs or Fri (with provider)

Appt 3: \_\_\_\_\_