

Instruction patch tests

ALLERGOLOGY/
DERMATOLOGY

Patient information

We conduct patch tests on patients whom we suspect may have a contact allergy.

What do you need to know about the patch tests?

You have three appointments in one week:

- At the first appointment, the assistant will apply the test substance onto specialized patches. Subsequently, she affixes these patches onto your back and then secures the entire arrangement with a protective patch to ensure the test patches stay in place.
- At the second appointment, the assistant will remove the test patches. The imprint of this will be marked and read.
- At the third appointment, the allergist/dermatologist will perform the final evaluation of the allergy test. Subsequently, the findings will be discussed with you and if necessary, a follow-up examination will be scheduled.

Important

To facilitate the optimal execution of the allergy test, we kindly request you to consider the following:

- At the first appointment, the assistant will apply the substances to be tested on special patches, which they will place on your back. Afterward, they will cover the patches with protective tape to keep them in place.
- Starting two weeks prior to the allergy test, avoid exposing your back to sunlight, sunbeds, or tanning beds.
- Two days prior to the allergy test, refrain from applying steroid cream to your back.
- On the day before the allergy test, do not apply any ointment, cream, lotion, etc. to your back.
- Throughout the full allergy test, keep your back dry (avoid showering with your back exposed, refrain from sports activities, and avoid saunas). This applies until after the third appointment with the allergist/dermatologist.
- Avoid excessive movement of your back during the patch test, please avoid excessive movement of your back (heavy labour, lifting, bending, rubbing, and scratching).
- Any dark spots that may appear through the test patches are dye from the test materials. These will naturally fade away.
- We recommend wearing old clothes. The marker we use for outlining the tests can cause stains.
- You might experience irritation or itching during the allergy test. This does not necessarily mean that you are allergic to the tested substances; it can also be a reaction to the test patches.
- Consult the allergist/dermatologist if you experience severe symptoms. Always consult the doctor regarding the use of pain relievers and hormone preparations (such as Prednisolone) during the test.

Resuscitation

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.



Insurance coverage

DC Klinieken has contracts with all health insurers. This means that almost all healthcare costs are covered, similar to the hospital. However, you will need a referral from your general practitioner. Please be aware of your insurance excess. For more information about reimbursement and possible exceptions, please visit: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, please visit: www.dcklinieken.nl/contact or contact our Service and Information Centre at +31 (0) 88 0100 900.

Emergency after visiting DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.

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