

# Patch Testing Instructions

## Care of your patches

1. Do not get your back wet. Have a shallow bath or wash from hand basin.
2. Do not do any physical activity that will make you hot and sweaty. The sweat will lift the patches off from underneath.
3. Do not scratch your back while the patches are on or for several days after they have been removed. Scratching can cause false results or make it impossible to read your reactions accurately.
4. Get someone to press the patches down with a flat hand from time to time during the day, especially in the morning when you get out of bed. If the patches start to lift, get that person to stick them back down for you. We use *Micropore tape*, which is hypoallergenic and can be purchased from your local chemist.
5. If your back gets itchy or uncomfortable, lean against something cold such as the outside of a fridge door. The cold metal soothes the back.
6. If your back becomes unbearable contact your Doctor.