



**This is a checklist for your upcoming patch testing visits.
If you have any questions, please contact us!**

	4 weeks prior	2 weeks prior	1 week prior	24 hours prior	Visit 1	Visit 2	Visit 3
DO'S	Get a referral from your PCP, if your insurance is a HMO	Get Material Safety Data Sheets (MSDS) from your employer if necessary	Fill out the Contact Dermatitis Evaluation Form	Prepare to BRING the following to Visit 1: - Contact Dermatitis Evaluation Form - Material Safety Data Sheets - Items you believe may be causing your dermatitis	Wear loose-fitting clothes	Wear dark undershirt	
			Gather any items of clothing, medication or creams/cosmetics, that you believe may be causing your rash				
DON'TS	No more cortisone injections until after your test	Stop all tanning (natural or tanning bed) and no more phototherapy until after your test	No more cortisone by mouth until after your test	No creams or lotions on your back until after your test	Do not apply anything to the test area until testing is completed		
					Please avoid exercising, swimming or strenuous work		
					Avoid heavy lifting or significant bending/stretching		
					NO SHOWER. Do not get your back wet IN ANY WAY during the entire testing time (96 hours). You may get the rest of your body wet as you desire – sponge bath, washing hair in the sink etc.		