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T.R.U.E TEST / PATCH TESTING DIRECTIONS

Please avoid any oral medications such as Prednisone or Medrol Dose Pack 2 weeks prior to testing. Cortisones creams please stop the week prior to testing. Using these medications will give an invalid reading.

- ***Tuesday – Patch application (10 min)***
- ***Thursday- Patch removal (10 min)***
- ***Friday- Patch reading/ office visit***

The patches will be placed in the upper back area just between the shoulder blades. The entire back area must stay dry and free of water, creams, lotions, hair products or excessive sweat. It may be easier to frontal bathe only or bathe in a bathtub. Hair must be washed forward in a sink to avoid any hair products from touching the testing area. Physical activity must be avoided during the week of testing.

Once the patches have been applied , it is normal to feel itching around the testing area. Antihistamines such as Benadryl , Claritin , Zyrtec may help with the itch. Do NOT remove the patches at any time . If the patches lift from the back, please contact our office for further instructions.

T.R.U.E. TEST®

Thin-layer Rapid Use Epicutaneous Patch Test

INFORMATION FOR PATIENTS

PATIENT NAME: _____

Patch testing will begin at: _____ (Time) on _____ (Day/Date)

Return for reading #1 at: _____ (Time) on _____ (Day/Date)

Return for reading #2 at: _____ (Time) on _____ (Day/Date)

Return for reading #3 at: _____ (Time) on _____ (Day/Date)

Final results and counseling at: _____ (Time) on _____ (Day/Date)

Pre-test Instructions (if you have any questions, ask your doctor):

- Wear comfortable clothing
- No oral corticosteroids for 2 weeks prior to testing
- No skin lotions or medicines on test areas
- Shave off excessive back hair with an electric razor
- Avoid using alcohol or other irritating substances
- Other: _____

QUESTIONS AND ANSWERS ABOUT T.R.U.E. TEST® (ALLERGEN PATCH TEST)

What is allergic contact dermatitis? This is a skin reaction that occurs when you touch or contact substances that you are allergic to. Your skin can be itchy, cracked, red, sore, and even bleed. The substances that cause this reaction can be an ingredient in your makeup, aftershave, shampoo, jewelry, medication, and clothing. You may also find these substances at work in your cleaning supplies, paper and ink, medicines, disinfectants, construction materials and rubber products.



What is T.R.U.E. TEST? T.R.U.E. TEST is a reliable, easy to use patch test. It is designed to help your doctor find out whether you are allergic to the substances included on the test panels (shown in the table below). The test panels contain 35 different substances known to cause allergic contact dermatitis. T.R.U.E. TEST also includes a negative control that can help your doctor interpret your skin reactions.

Panel 1.2	Panel 2.2	Panel 3.2
1. Nickel sulphate	13. <i>p-tert</i> -Butylphenol formaldehyde resin	25. Diazolidinyl Urea
2. Wool alcohols	14. Epoxy resin	26. Quinoline Mix
3. Neomycin sulfate	15. Carba mix	27. Tixocortol-21-Pivalate
4. Potassium dichromate	16. Black rubber mix	28. Gold Sodium Thiosulfate
5. Caine mix	17. Cl+Me- Isothiazolinone	29. Imidazolidinyl Urea
6. Fragrance mix	18. Quaternium-16	30. Budesonide
7. Colophony	19. Methylidibromo Glutaronitrile	31. Hydrocortisone-17-Butyrate
8. Paraben mix	20. <i>p</i> -Phenylenediamine	32. Mercaptobenzothiazole
9. Negative control	21. Formaldehyde	33. Bacitracin
10. Balsam of Peru	22. Mercapto mix	34. Parthenolide
11. Ethylenediamine dihydrochloride	23. Thimerosal	35. Disperse Blue 106
12. Cobalt dichloride	24. Thiuram mix	36. 2-Bromo-2-nitropropane-1,3-diol