

## Do's



- Tape down the edges of the patch using a hypoallergenic tape or press it back if an area starts to peel off.
- Remove the whole patch if it comes loose. Note down the date and time and let us know during the next visit. Take a picture of the patch test area especially if there is any change on the skin.

## Contact Us

If you or your child has any questions or concerns, please contact NUH Paediatric Allergy Team at:

### Hotline:

+65 9728 9285

### Email:

allergy\_kids@nuhs.edu.sg

### Operating Hours:

Monday to Friday – 9am to 5pm  
Closed on Saturdays, Sundays and Public Holidays

## About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/ktp-nucmi](http://www.nuh.com.sg/ktp-nucmi).

## Contact Us

### 24-hour Children's Emergency

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 5000

### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222  
Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### 9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childreucc@nuhs.edu.sg](mailto:childreucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,  
60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,  
2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6908 2222 Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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Information is correct at the time of printing (November 2022) and subject to revision without prior notice.

# Patch Test



Khoo Teck Puat – National University  
Children's Medical Institute

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

# What is a patch test?

A patch test is commonly used to diagnose an allergy and identify allergens (substances that cause allergy). Based on your medical history of the suspected allergic reaction, a paediatrician specialising in allergy will advise if a test will be helpful. If so, the decision will include selecting the test(s) to use (i.e. patch test, skin prick test or blood tests).

Patch tests are only useful in testing for certain types of allergens or reactions. They may provide helpful information if the following allergies are suspected: delayed-type hypersensitivity reactions to drugs, non-IgE-mediated food intolerance or contact dermatitis.

A patch test is performed by applying the suspected allergens on your child's skin to test for a skin reaction.

## What allergens can you test for? How are these allergens chosen?

Based on a full history of the suspected allergic reaction, the doctor will choose to test for one or more of the following type of allergens: medication (drugs), topically applied substances (such as creams, gels, lotions) or food. Commercial patch test haptens which are specialised purified forms of allergens (including common drugs, preservatives and fragrances) may also be used.

## What does my child need to bring to the patch test clinic?

Our staff will inform you to bring any medication, cream or food if needed. Food should be packed separately in small containers.

## How is patch testing done?

Your child will need to make 3 visits to the hospital, 48 hours apart (usually on Monday, Wednesday and Friday).

- **Monday**

The allergen will be mixed into a paste and applied to your child's back. The different patches will be marked with ink. The patches need to remain in place until Wednesday.

- **Wednesday**

The patches will be removed during the appointment. Any reactions will be noted.

- **Friday**

We will examine your child's back again for any reactions and discuss the results. A second reading is needed as some reactions may be delayed and do not appear until 72 hours after application.

Each visit may take up to 45 minutes. There are no needles involved but your child may feel uncomfortable having sticky tapes on his or her back.

## What can my child expect?

If your child is allergic to any of the applied substance, the test site will become red and itchy within 2 days. Occasionally, it may take a longer time to react. Itching is common and harmless.

If there is a strong reaction, the skin may feel very itchy. The reaction usually disappears after a few days. In some cases, the reaction may persist for up to a month. There is no need to worry about the reaction. A cream can be applied to treat the reaction if necessary.

The patch test results may be negative. If your child develops a late reaction (after the Friday visit), please contact the clinic. Some substances may stain the skin but do not worry as the stain is temporary and harmless.

While side effects are rare, they may still occur. The most common side effects are:

1. Eczema flare-ups: If your child has eczema, a positive patch test may be accompanied by a flare of eczema.
2. Pigment change: The site of the patch test may look darker or lighter. This is harmless and will fade with time.

If there are any other side effects, please call the NUH Paediatrics Allergy Hotline at +65 9728 9285.

## What does my child need to take note of?

### Dont's



- Get his or her back wet during or after placement of patches. Avoid showering as it will wet the adhesive around the patches, causing them to be non-sticky. Sponge bath other areas of the body instead.
- Wear clothes that you or your child would not want to get stained.
- Expose his or her back to the sun or sun beds throughout the duration of the procedure.
- Play sports or do heavy physical work during the week of the test.

