

Your Visit to the Clinic

The Contact Dermatitis Investigation Unit (CDIU) is an outpatient clinic where PATCH TESTING is done. This involves the application of adhesive strips which contain substances your skin may come in contact with in everyday life.

It **does not** detect allergies which may be related to your diet, to hay fever, to asthma or to 'hives'.

IMPORTANT

You **MUST** attend all 3 appointments. If any of the appointments are not suitable, please contact us on as soon as possible on - 0141 452 3238.

Once your tests have been applied you **MUST NOT WASH OR WET YOUR BACK AT ANY TIME UNTIL AFTER YOUR LAST APPOINTMENT**. Wetting the area will make it impossible for us to tell if there has been an allergic reaction and this may lead to inconclusive results.

Tests will be marked with a special ink which can sometimes stain fabrics: **please wear older/dark clothes if possible to each appointment.**

Sun exposure, sun-beds and light treatment for skin problems can all affect test results. All of these should be **avoided for the 6 weeks before** you come to clinic but please telephone the department if you are in doubt about dates.

Please bring a list of medication you are taking. We may ask you to bring your own products but this will be discussed before your appointment.

Please **avoid using any moisturisers of your back** the day of your first appointment.

Please contact us if you are on steroid tablets, steroid injections or immunosuppressant drugs such as Ciclosporin, Azathioprine or Mycophenolate Mofetil.

Please contact the department if you think you could be pregnant or if you are breast feeding.

PLEASE TURN OVER

Your Three Visits –

First Visit – Tests will be applied and left for 48 hours.

Second Visit – You will take your patches off an hour before your appointment. Tests will be re-marked and a reading will be done.

Third Visit – Your tests will be ‘read’ and detailed information will be given on allergies if any. The information will be based on your test results and written information/advice will be given away about these allergies for you to refer to if necessary.