

Tuberculin Skin Test (TST)

What is a tuberculin skin test (TST)?

- A TST can tell your health care provider if you may have been in contact with the germs that cause tuberculosis (TB).

How is the test done?

- Your health care provider will use a needle to put in a small amount of tuberculin solution under your skin. This is done on the inside of the lower part of your arm.



What should I expect after the test?

- The test site may look raised and red for a short time. You may also see a drop of blood at the test site. This is common.
 - › **Do not** scratch the area or cover it with a bandage.
- You can do all your usual activities right after the test, including taking a bath or a shower.

Follow-up

- After 48 hours, but **no more than 72 hours*** (2 to 3 days), you will return to your health care provider. They will need to touch your arm and check the test site. During this appointment, you will be given your test results along with a letter for your health care provider.

My follow-up appointment:

- › Date: _____
- › Time: _____

***If you cannot return to your health care provider within 72 hours, you will need to repeat the test.**

Who should not get a TST?

- In some cases, you should not have a TST. Before your test, please tell your health care provider if you have:
 - › A previous positive TST reaction that was noted in your health record by a health care provider
 - › Severe (very bad) blisters from a previous TST
 - › TB disease or a history of treatment for TB
 - › A viral infection (like mumps, measles, or chicken pox)
 - › Immunization with a live vaccine like measles, mumps, rubella (MMR), varicella (chicken pox), or yellow fever in the last 4 weeks (1 month)
 - › Severe burns
 - › Severe eczema covering most of your inner arms. Eczema is an ongoing condition that makes your skin dry, red, and itchy.

You can still get a TST if you:

- › are pregnant.
- › are breastfeeding.
- › have a cold.
- › have had a TST skin reaction where the test area did not blister, that was not noted in your health record.

To learn more about TB and TST, please visit:

- › <https://novascotia.ca/dhw/CDPC/tuberculosis.asp>

OR

- › Scan the QR code below on your smartphone (open the camera on your smartphone, point the camera at the code, and tap the banner or border that appears):



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Prepared by: Public Health

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