



PATIENT INFORMATION

Allergy Testing

What is an allergy skin test?

A skin prick test is a simple and quick procedure which can help to establish if your child has any particular allergies.

From the information you give the doctor, a decision will be made as to which allergies need to be tested on your child eg cat peanut, milk etc

How should my child prepare for the visit?

It is important to stop all antihistamines a few days before the test; examples of these are listed below. Some cough medicines contain antihistamines therefore it is advisable that you discuss this with the clinic doctor/nurse or contact the children's assessment unit on

☎ Tel (01803) 655492

- Piriton: stop 2 days before
- Loratadine (Clarityn) stop 4 days before
- Cetirizine (Zirtek) stop 5 days before
- Levocetirizine (Xyzal) stop 5 days before
- Ketotifen stop 5 days before

What will happen at the appointment?

We will take a detailed history from you about the symptoms and allergic reactions. Based on this, it will be discussed with you which allergens need to be tested for by a skin prick test.

Will it hurt?

It will probably be uncomfortable, but shouldn't actually hurt your child.

What does the test involve?



Your child's forearm is usually used for skin testing or sometimes the back is an alternative for babies or children with bad eczema

The doctor or nurse will choose some allergens (substances that may cause an allergic reaction) which may be causing your child's allergy. Up to 25 allergens can be used, though it may be only a few.

A pen is used to mark the skin so the doctor can easily identify which allergen is which and a small droplet of allergen solution is placed next to it.

A very small scratch is made to the surface of the skin through the middle of each drop (Please tell the clinic nurse if your child has a fear of needles). If your child is allergic to any of the allergens the skin will become very itchy and may have raised bumps (like nettle stings). Within 15 to 20 minutes the bump will increase to its maximum size.

This allergy test is a considered safe and straightforward procedure, which is carried out on a regular basis by trained children's nurses in many hospitals.

When the test has been completed, the solutions are wiped from the skin.

Blood Test

We may also need to take a blood test at your child's visit, to confirm specific allergy levels for those tested on the skin. This will help to confirm or rule out the diagnosis of the allergy.

What happens after the tests?

The doctor will inform you of your child's skin prick tests results, 15minutes after the end of the test and will also provide allergy advice.

If a blood test is taken the doctor will write to you with your child's blood results in 4 weeks and explain the options available.

For more information

If you need any further explanation or information regarding your visit

Please ring Louisa Cary Assessment Unit on ☎ **Tel (01803) 655492**