

## PATIENT INFORMATION

# Paediatric Allergy Clinic

## Torbay and South Devon Children & Young People's Allergy Service

### Preparing for your appointment:

Please think of any issues you may wish to discuss or questions you may wish to ask during the allergy appointment.

Please allow between one and one and a half hours for your appointment.

If your child or young person are taking antihistamines, these must be stopped before their appointment.

### What to bring to the appointment:

- Any foods that you suspect may be problem, for allergy testing.
- All medications that your child or young person are currently taking, including their emergency medicines (such as their adrenaline auto-injector pens, EpiPen® and Jext®, which should always be with them).
- A list of questions for the allergy team.
- Photos of the allergic reactions that they have had.

### Stopping Medication before the appointment:

**Short-acting antihistamines**, such as chlorphenamine (Piriton®) **2 days** before appointment

**Long-acting antihistamines**, such as cetirizine (eg Zirtek®), loratadine (eg Clarityn®) and Fexofenadine (eg Allevia® or Telfast®) **5 days** before the appointment.

If they need to take any of these medicines to treat an allergic reaction in the days before the appointment, please contact our appointments team on 01803 656356 so we can reschedule.

Please be aware that some cough and cold medicines (eg Benylin®) contain antihistamines.

There is no need to stop any other medicines including asthma medications.

(including Montelukast) and nasal sprays. If you are unsure, please check with your doctor, nurse or contact the Short Stay Paediatric Assessment Unit.

### **Allergy Testing:**

During your visit, you will either be seen by a doctor or allergy nurse, who will take an allergy-focused history about the symptoms and onset of allergic reactions. Based on this, it will be discussed with you, which allergens need to be tested. Skin prick testing is the most common diagnostic test we do in our allergy clinic. These are performed by a specially trained health care assistant.

Numbers are drawn on the skin where each drop of allergen extracts are applied. A small lancet introduces the allergen to the skin. This is not a needle, but it can feel sharp.

Within 12-15 mins a small, itchy bump (wheal) might appear where the skin prick test was done. This is measured and can help diagnose allergy or sensitivity. The solutions are then wiped from the skin. If the skin remains itchy afterwards, we can apply some antihistamine cream to help with this.

### **After testing:**

The doctor or nurse will discuss the results with you. A plan will be made, allergy plans shared and if your child or young person has an adrenaline auto-injector pen, training will be provided/refreshed and allergy advice given.

### **Contact Details:**

**Paediatric Outpatients Department: 01803 655145**

**Short Stay Paediatric Assessment Unit: 01803 655492**

**Paediatric Allergy Team: 01803 655834**

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.