

Patient Information

Children's Outpatients Department

Skin Prick Testing

Your child has been referred to the allergy nurse for Skin Prick Testing to confirm a diagnosis, or Epipen training (if this is appropriate) following diagnosis.

You should receive an appointment for this shortly.

What to expect

The skin prick test is a common test used to determine any allergy.

- Small amounts of diluted solution of the suspected allergen (food/pollen/animal hair) are gently pricked onto the skin of the forearm or back. We would only use the back if your child has severe eczema on the forearm.
- There won't be any blood!
- We try and keep the children occupied during the test which, while not painful, does feel strange.
- A small raised area may appear on the skin and this will be measured after 15 minutes.
- The results will then be fully discussed.
- Although the test itself is short, please be prepared for a consultation to last about an hour.
- We prefer that the child has nothing to eat or drink during the skin prick testing other than water.

Before your appointment

- No creams should be applied to the forearm for 24 hours prior to testing as this may also adversely affect the reading.



Patient Information

- In order to obtain a true result it is vital that your child has no anti-histamine medication for at least 2 days prior to the appointment.
- A longer length of time may be needed for certain anti-histamines – as the readings may be affected. Please see below
- It is not necessary to stop asthma inhalers

Anti-histamine to be stopped before the test

Short acting antihistamines such as Phenergan, Vallergran and Piriton should be stopped **2 days before** the test

Longer acting antihistamines such as Loratidine and Cetirizine should be stopped **4 days before** the test.

Please speak to the allergy nurses if your child is on **any other medication**, if you have any concerns or need clarification about the test and stopping the medication. They can be contacted by email on; childrensallergy@uhcw.nhs.uk

Contact us

If you are unable to attend this appointment please telephone our secretary, on **01788 663189**.

Your child will be kept on our waiting list and offered a new date in due course.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7215 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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