

## Paediatrics

# Skin prick testing

Your child has been referred to the allergy nurse for skin prick test to help confirm a diagnosis. If needed, you may also receive training on how to use EpiPen after the diagnosis.

**You should receive an appointment for this soon.**

## What to expect

The skin prick test is a simple and commonly used test used to check for allergies.

- Small drops of a diluted solution containing possible allergens (like food, pollen or animal hair) are placed on the skin of your child's forearm or if needed, their back. We would only use their back if have severe eczema on their forearm.
- No needles or blood are involved.
- The test is not painful, but it might feel strange. We do our best to keep children entertained during the process.
- A small, raised bump (similar to a mosquito bite) may appear on the skin. This will be measured after 10 to 15 minutes.
- The results will be fully explained to you afterward.
- Although the actual test is quick, the full consultation may take around an hour.
- To avoid any risks, we ask that your child only drinks water and avoids eating during the test.



## Patient Information

### Before your appointment

- Do not apply creams or lotions to your child's forearm for 24 hours before the test, as this can affect the results.
- In order to get a true result, it is important that your child has no antihistamine medication for at least 2 days before the appointment.
- Some antihistamines may need a longer break before testing. Please follow any specific guidance provided.
- There is no need to stop using asthma inhalers, as they do not affect the test results.

### Antihistamine 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.

If your child is taking **any other medication**, or if you have concerns or need clarification about stopping medication before the test, please contact the allergy nurses. You can reach them by email at:

[childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk)

### Contact us

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

Your child will be kept on our waiting list and a new appointment date will be offered 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.

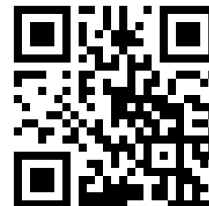
# Patient Information

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Document History	
Department:	Paediatrics
Contact:	27215
Updated:	December 2024
Review:	December 2026
Version:	5.4
Reference:	HIC/LFT/527/07