

If you have any queries regarding what happens at your appointment or about treatments/care plans please contact Sister, Allergy Clinic or Paediatric Nurse Practitioner at The Cove Children's Clinic Tel 01493 453914 where they will take a message and we will call you back for a chat.

If you have any queries regarding your Clinic Appointment date or time please ring reception at The Cove Children's Clinic Tel 01493 453914

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

**TRUST VALUES: We CARE for...**  
*our patients... each other... ourselves*

**BEHAVIOURS:**  
**Courtesy and respect**  
**Attentively kind and helpful**  
**Responsive communication**  
**Effective and professional**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Author:  
Karen Parr  
Sister Paediatric Allergy Clinic

CH 32 © October 2007  
Revised August 2022  
Review Date: August 2025 version 5  
James Paget University Hospitals NHS Foundation Trust



**James Paget  
University Hospitals**  
NHS Foundation Trust

## Paediatric One Stop Allergy Clinic Allergy Skin Testing



### Patient Information

## Appointment

Your appointment will take place in The Cove Children's Clinic. The creatures on the wall along the corridor on the ground floor of the hospital will guide you to the clinic. Please allow up to three hours for your appointment. This is a one stop clinic where you may see a Consultant, Nurse Practitioner, Allergy Nurse, Paediatric Dietician enabling consultation, testing diagnosis and treatment in one visit.

The Paediatric Dietician is usually available in the clinic so if a diagnosis of Food allergy is made you may be offered a consultation on the day.

## IMPORTANT INFORMATION PLEASE REMEMBER

**Do not use any antihistamine medication for 72 hours prior to appointment.**

**Do not apply any creams or lotions to skin on day of appointment.**

## Allergy Skin Testing

This is a commonly used test which measures skin reactions to specific allergens. It is used for inhaled (breathed in) and ingested (eaten) allergies.

### PROCEDURE

- The test is carried out usually on the inner forearm (palm uppermost) but if any eczema is present it can also be carried out on the back or legs.
- The allergens to be tested will be in accordance with the patient's history.  
If you think there is anything unusual or specific that you suspect is causing an allergy, then please bring the item in with you as we can often use that for testing.
- The allergy test is carried out using a Multi Test Device. This enables a battery of eight allergens to be tested on the skin at once. You may have more than one battery of allergens tested depending on history taken.
- **NOTE There are no needles or blood involved in this test.**
- The Multi Test Device is a new and modern way to allergy test. The touch post of the device activates the nerve cells in the skin that inhibits pain. This enables a more comfortable and pleasant experience than previous allergy test methods.

- Any excess solution is blotted off with a tissue and you will be asked to sit back in the waiting area for 15 to 20 minutes.
- You must not leave the waiting area during this time.
- The skin may feel itchy within a few minutes and if a positive reaction develops there will be a wheal (small raised bump) appear on the skin where tested. The wheal will reach its maximum size in around 15 to 20 minutes clearing for most people within two hours.
- The size of the wheal varies, with the average being three to five millimetres in diameter. It should be noted that the size of the reaction does not indicate severity of symptoms.

The Test tells us that a level of antibodies are/are not present that may be causing symptoms.

### After The Allergy Test

When the test has been read by the Allergy Nurse you will then discuss the results.

If any treatment is discussed following a positive reaction, the Allergy Nurse may arrange follow up if necessary to discuss treatment, allergy plan or training.