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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਭਰਮ ਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Skin Prick Testing

## Paediatrics



Patient Information

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### **Further Information**

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**Author:** Kathryn Hill

**Department:** Paediatrics

**Version:** 1

**Published:** May 2019

**Review:** June 2021

## Further information

<http://www.epipen.co.uk/patients/>  
<http://www.emerade-bausch.co.uk/patient>  
<http://www.jext.co.uk/>  
<http://www.itchysneezywheezy.co.uk/>  
<https://www.anaphylaxis.org.uk/>  
<https://www.bsaci.org/>  
<https://www.allergyuk.org/>

## Why does my child need a skin prick test?

The doctor may request a skin prick test (SPT) to help identify which allergen your child may be allergic to. Skin prick testing is also performed to help us monitor the progress of your child's allergies.

## What can be tested?

Skin Prick testing (SPT) is an accurate way to test specific substances to see if they can potentially cause an allergic reaction. We perform skin prick testing for a range of foods and aeroallergens (inhaled allergies).

We perform skin prick testing for a range of common foods, such as;

- Milk
- Egg
- Wheat
- Soya
- Nuts
- Fish/Seafood

If you think your child may be allergic to any other foods such as specific fruits, vegetables, or uncommon foods such as crustaceans, you can bring a small amount of the food with your appointment. The food should be wrapped separately and not mixed with any other food products. Please note that testing for these foods cannot always be guaranteed and the decision will be made by the clinician on the day of your child's appointment.

## How to prepare for the test?

### Antihistamines

If your child is taking medicines known as antihistamines such as chlorphenamine (Piriton), cetirizine (Zirtek or Piriteze), loratadine (Claritin) or fexofadine (Telfast), he/she needs to stop taking them before their appointment.

- Chlorphenamine (Piriton) – stop 3 days before test.
- Cetirizine (Zirtek or Piriteze) – stop 5 days before test.
- Loratadine (Claritin) or fexofadine (Telfast) – stop 7 days before test.
- Please note that some medications have antihistamines such as drowsy cough medicines, always check the labels.
- Some nose sprays and eye drops also contain medications that can affect the skin prick test.

If your child has an allergic reaction before/whilst waiting for their appointment, treat them as you usually would. Administer antihistamines as required.

Inhalers should not be stopped. If your child is wheezy on the day or has been unwell before the appointment the skin prick test should not be performed. Please contact Oak ward on 01932 72 2016 to rebook the test.

Please bring all your child's medications, spacer and adrenaline pens to their appointment.

## Contact us

If you have any queries about the skin prick test or if you are unable to attend your appointment please inform us as soon as possible as we may be able to fill the appointment with another patient.

## **What happens after the test?**

You will be given a copy of the results and this will be followed up either in clinic or with the doctor that requested the test. Please feel free to ask any questions you may have at this time. A blood test maybe requested by the doctor if the skin prick test is inconclusive, this will normally take place on a different day.

## **Are there any risks involved with skin prick testing?**

A typical reaction is red and itchy skin at the site of the test, with or without the presence of a white raised lump known as a wheal. Very occasionally children feel dizzy or light-headed, please inform the nurse prior to the test as we can do the test with the child lying down.

Severe allergic reactions from allergy testing are extremely rare, in the unlikely event that your child would become unwell after skin prick testing or have an allergic reaction; we will observe them until they have fully recovered.

If your child becomes unwell at home after the skin prick testing, please seek urgent medical attention at the nearest A&E department. Please contact the allergy team once they have recovered on 01932 72 3293 to inform us of what has happened.

If you are unsure if your child is taking antihistamines please contact the allergy nurses on 01932 72 2780.

## **What will happen at the appointment?**

Before your child has a skin prick test you will need to give details about any recent or current medications, steroid medication, recent antihistamines or recent allergic reactions. We will also ask for verbal consent before performing the test. If you agree to your child having this test, you are agreeing that you would like them to have it done and understand the process and what the test involves. If you have further questions about the skin prick test please speak to the allergy nurses' before agreeing to the test.

## **The skin prick test, what happens?**

The nurse will ask you to place your child on your lap (if an infant). He/she will make a different mark on your child's forearm or upper back with a washable pen. A small amount of solution (allergen) is then placed on your child's skin beside the appropriate allergen marker and is then pricked with a small metal aluminum stick called a lancet. The lancet breaks the top layer of the skin and allows the allergen to get under the skin surface; the drops will then be wiped away.

This process will be repeated for each allergen tested, we can test for multiple allergens on the day of your appointment.

## How long does the skin prick test take?

After 5-10 minutes the nurse will check the control and after 10-15 minutes the nurse will check your child's skin for a reaction. The control test is histamine (your child will react, this is an itchy, red area and causes a small white raised wheal), the negative control remains normal. Your child is likely to be allergic or sensitive to the allergen if they react in a positive way, red, itchy raised white wheal. The nurse will measure each wheal with a ruler and a copy of the results will be given to you. The wheals will disappear after a few hours and the itchiness will settle quickly. After reading your child's arm they can wash the area of skin tested

*The allergens are placed on the skin*



*The skin is pricked with the lancet*



*If there is a reaction, the arm appears with wheals*



## Does the skin prick test hurt?

The skin prick test should not hurt but it can be uncomfortable for the child when pricking the skin with the lancet. If your child reacts positively to the test, they will feel itchy; this will begin to subside after 15-20 minutes. Most infants, children and teenagers cope well with this test.

You can give your child some antihistamine when you return home if they are itchy or uncomfortable.