



SKIN PRICK TESTING

Information sheet

LivingCare works in partnership with Leeds Teaching Hospitals. This may mean that there are trainees involved in your care. All trainees have the appropriate level of training and will always supervised by a trainer. You will be informed of their involvement (if applicable) on arrival to the department where further information will be provided. You have the right to decline care from a trainee and this will also be discussed with you on arrival.

■ Introduction

LivingCare's community ear, nose, and throat (ENT) service is consultant and nurse led and provides specialised treatments that have been developed in partnership with Leeds Teaching Hospitals.

This procedure requires your formal consent.

If you are unable to keep your appointment, please notify the booking office on 0113 249 4655 as soon as possible. This will enable the staff to give your appointment to someone else and they will be able to arrange another date and time for you.

This booklet has been written to enable you to make an informed decision in relation to agreeing to any investigations. The consent form is a legal document therefore please read it carefully. Once you have read and understood all the information, including the possibility of complications, and you agree to undergo the investigation.

■ Skin Prick Testing Patient Information

An allergy develops when the body's immune system over-reacts to a substance that is not normally harmful, e.g. grass pollen. In allergic reactions the body produces powerful chemicals such as histamine. These chemicals cause unpleasant symptoms and can be harmful and cause damage to the body.

People can have allergies to almost anything from animals, bee and wasp stings to grasses or even chocolate. The substances that can cause reactions are called allergens.

Symptoms can include:

Nose:

Urge to sneeze, runny or blocked nose can cause breathing difficulties (rhinitis).

Eyes:

Itching, reddening, watering, swelling (conjunctivitis).

Respiratory system:

Asthma, causing coughing, wheezing and occasionally acute breathing difficulty.

Skin:

Nettle rash or eczema may occur on direct skin contact with some allergens.

■ Why am I having a Skin Prick Test?

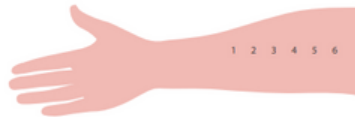
Your doctor has decided that you might have an allergy. You will be asked about when your symptoms are most obvious, such as inside the home, outdoors, night time, etc. From that information the doctor can choose which allergens you need testing with..

■ What must I do before my test?

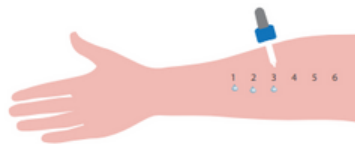
You should not take any antihistamines or cough medicines for 4-7 days before attending your skin prick test clinic. This is because these medicines interfere with the body's reaction to the skin prick test and could suppress your test results. Please speak to a pharmacist if you are unsure of the ingredients in any medicine you are currently taking.

■ How is the test performed?

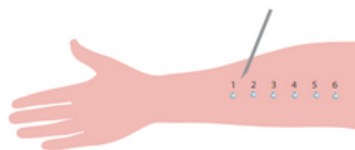
The nurse will tell you to rest your arm on a table and using a pen will mark and code your forearm, either directly or on to tape.



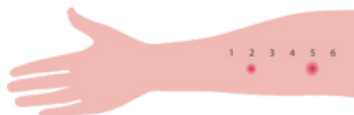
The nurse will then apply one drop of each allergen solution on to your skin next to its code number.



The nurse will prick through the drop using a lancet. This feels like a small pin prick. The nurse will then blot the forearm dry.



If you are allergic to one of the allergens a slight swelling surrounded by a red area will develop after about 15 minutes.



■ What happens after my test?

The reactions will disappear after two or three hours.

The nurse may apply cream to stop any itchiness caused by the reactions.

You may resume your medication unless the doctor advises otherwise.

The symptoms of allergy can be controlled using medication in the form of tablets, inhalers, creams etc, depending on the location, type and seriousness of symptoms. Remember these medications do not cure the allergy and only provide relief while they are taken or applied. Your doctor will prescribe the treatment most suitable for you.

Your doctor will also advise you about ways to control your allergy.



The Mid Yorkshire Hospitals
NHS Trust



The Leeds
Teaching Hospitals
NHS Trust



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