

# Skin Prick Test

Patient/Carer Information Leaflet



**Department of Paediatric Cardiac, Respiratory and Sleep Physiology**  
The Royal Hospital for Children and Young People, 50 Little France Crescent, Edinburgh,  
EH16 4TJ

## What is a Skin Prick Test?

Skin Prick Testing is usually the first test recommended when an allergy is suspected. It is a simple and quick form of testing which can give useful information.

## What are we going to get you to do?

It is usually carried out on the inner forearm. The allergens are selected by the referring Clinician. Drops of solution are put onto the arm and then the skin is pricked through the drop. This can feel a little uncomfortable but is not painful! We wait 15 minutes during which time your child can play. We then look at the arm and measure any reactions.

## What do you need to do prior to your appointment?

Please avoid all antihistamine tablets/syrup (e.g. Cetirizine, Chlorphenamine) for the **5 days** before your appointment. This is so we can properly interpret the Skin Prick Test result.

If you are unable to stop antihistamines for 5 days, please call the department or discuss with your doctor or nurse in clinic. We may need to delay the test for the time being.

Please call the department on the number below if:

- you needed to take antihistamines in the 5 days before the appointment
- you have a high temperature
- you are using more of your blue inhaler than normal

as it may be necessary to reschedule this appointment.

## How long does it take?

Your appointment will last approximately 30 minutes.

## How do I get my results?

The results will be sent to your referring Clinician, who will contact you directly or see you in clinic.

## Where are we located? (Please check location on appointment letter)

Respiratory Physiology is located in OPD 9.  
From the Main Entrance to Royal Hospital for Children and Young People, please report to Ground Floor Outpatient Reception Desk.

If you have any other questions or need to change your appointment, please  
telephone: **0131 312 0456**