This is an assessment of whether you have an allergy to any of the more common inhaled allergens or, in some patients, food allergens. The test is performed by placing a small drop of each allergen solution on the skin surface of your forearm. For each drop of allergen solution, a single gentle ‘pinprick’ is made.

After a 15 minute waiting period the skin is examined to determine if you have responded to any of the allergens. A response is typically in the form of a raised mosquito bite like lump (wheal) and may be accompanied by itchiness. If you experience itching, an anti-itch solution will be applied on completion of the test or if you are particularly itchy, an antihistamine can be used. All patients are required to remain at The Lung Health Clinic for 20 minutes after completion of the test. As most patients will also have an appointment with one of our consultants on the same day as the skin prick test, this post-test observation period will not typically add time to your overall visit time.

**Patient Preparation**

**Medication Withholding**

Please avoid using:

- **Antihistamines:** for 48 hours (2 days) prior to your appointment time. (eg. Demzin, Dimetapp, Zyrtec, Claratyne, Codral (and its variations), Sudafed, Sinutab, Logicin, Polaramine, Mersyndol, Restavit, Telfast, Phenergan, Vallergan.

- **Over-the-Counter Cough Mixtures:** many cough mixtures contain an antihistamine. Please avoid using for 2 days prior to your appointment time.

- If you are unable to avoid taking an antihistamine medication, please contact The Lung Health Clinic prior to your appointment. Typically, a skin prick test cannot be performed if you have taken an antihistamine.

- **Continue to take all your respiratory medications as usual unless you have specifically been requested to withhold.
Skin Creams

Please avoid using skin creams/moisturisers/body lotions on both of your forearms on the day of test.

If you have eczema, dermatitis or any other skin condition, please continue to use your skin creams as usual.

Clothing

Please wear clothing which has sleeves that can easily be rolled-up above the elbow. The test will be performed on both of your forearms (elbow to wrist), so ease of access to this area is necessary.

Tattoos

If you have extensive tattooing of your forearm area (elbow to wrist), please advise The Lung Health Clinic prior to your appointment. In the case of extensive tattooing, an alternate site on your body will be used to perform the test (the upper arm or back).

Pregnancy

If you are pregnant, please advise The Lung Health Clinic prior to your appointment.

Typical Test Time

45 minutes

Questions

If you have any questions, please do not hesitate to contact The Lung Health Clinic.

Please note, the above content is our best advice at the time of creating this document, however we cannot guarantee its accuracy in terms of changes or advances that may have occurred since this document was created. Please feel free to print this document for your own personal use.