

Patient information factsheet

Your appointment at the allergy clinic

Welcome to the allergy outpatient clinic

What to expect at your upcoming appointment:

- you will have a consultation with an allergy doctor
- if required, you may be offered skin prick tests and/or blood tests
- you should allow up to three hours for your appointment (please note that there may be delays in the clinic)
- if you are driving to your appointment, please allow plenty of time for parking

Skin prick testing

An allergen is the name given to a substance causing an allergy, for example food, pollen or animal dander (which is the name given to the old skin cells that animals shed).

Skin prick testing involves putting droplets of allergen solutions onto your skin, then pricking the skin through each droplet and waiting for 15 minutes. If the test is positive a white itchy spot, also known as a wheal, will appear where the skin was pricked. The size of the wheal will be measured and recorded.

Sometimes it's not possible to do skin prick testing or the results may not be clear, so a blood test may be required to detect a potential allergy.

Before your appointment

You must not take any of the following medications for three days before your appointment, as they will interfere with the skin prick test results:

Antihistamines (for example: cetirizine, loratidine, fexofenadine and Piriton)

Other medication:

Amitriptyline	Clomipramine
Trimipramine	Trazodone
Dosulepin	Nortriptyline
Doxepin	Ranitidine
Lofepamine	Mirtazapine
Imipramine	

You should continue to take your normal asthma medication and nasal sprays.

If you have any questions about the information on the leaflet, please contact the asthma and allergy administrator on **023 8120 5844**.



University Hospital Southampton NHS Foundation Trust has been named as a centre of excellence by the World Allergy Organization.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalneeds**