



## **Skin Testing Patient Advice Sheet**

Patients with nose and sinus symptoms may have an underlying allergy contributing to their problems. Controlling any allergy can significantly improve symptoms. Treatment takes the form of identifying and avoiding the provoking factor, and the prescription of nasal decongestant sprays and antihistamines. Skin prick testing allows the identification of relevant allergens which may be important.

### ***The Skin Prick Test***

**It is important to stop all antihistamines for 1 week prior to the test. (some cough medicines may contain antihistamine)**

**Do not apply topical steroids or moisturisers to your forearm before the test**

A trained nurse will ask you some simple questions then perform the test which takes about 15 minutes

Various suspected allergens in solution drops will be applied to your forearm and the skin scratched through the solution

You will be asked to wait for 10 minutes.

If you are allergic to the suspected solution a raised wheal will appear with surrounding rash which will be measured and recorded

The excess solution is wiped off and the result will be discussed with you.

**Skin prick testing is considered a simple, safe and straightforward procedure which is not painful and can be performed on children without distress.**