

## Department of Dermatology, Allergy and Skin Surgery

### Attending the Paediatric Allergy Clinic

Please take a few minutes to read this information sheet before attending the Paediatric Allergy Clinic.

An appointment has been made for you or your child to be seen in the Allergy clinic and it may be necessary to carry out skin prick tests to identify any causal factors. Some of these tests will not work if you are taking antihistamine tablets or syrup. **Please stop taking antihistamines 1 WEEK BEFORE YOUR APPOINTMENT. If you cannot stop taking your antihistamine for any reason please still attend your appointment and inform the doctor during the consultation.** Nasal sprays for hay fever and puffers for asthma are not a problem, so please continue these medications and bring along with you for the clinic.

The tests are usually performed on either the left or right forearm (often on the thigh for infants) and it would be preferable if you were able to avoid moisturising these areas on the day of your appointment.

**If you think a food has caused a reaction it would be helpful if you could bring some to clinic for testing purposes** (except nuts, wheat, milk, egg). Please keep all items separately to prevent cross-contamination, especially with fruit and vegetables. If you suspect that your child is allergic to seeds, please bring a small amount of powdered seed in a small container

**Some parents of children who are coming for allergy tests have found it helpful when another adult has come with them to enable the consultation to run more smoothly.**

If the appointment is for your child, please kindly bring your child's "Red Book" (Health and Development record) with them to the appointment.

#### **How can I help reduce healthcare associated infections?**

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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