

# The Paediatric Allergy Clinic

## Essential information about your clinic appointment

Your allergy clinic appointment will involve taking a detailed history of allergy symptoms. Allergy is not always diagnosed via testing and for some forms of allergy there are no tests. Sometimes testing using blood or skin prick tests will be needed; however a diagnosis will be discussed thoroughly during your child's allergy consultation.

The consultation may be with any one of the allergy team members; Allergy Consultant, Specialist Allergy Nurse, Specialist Allergy Dietitian, or a combination of these professionals.

**Clinics are held in Children's Outpatients: Department B11**

### Antihistamines

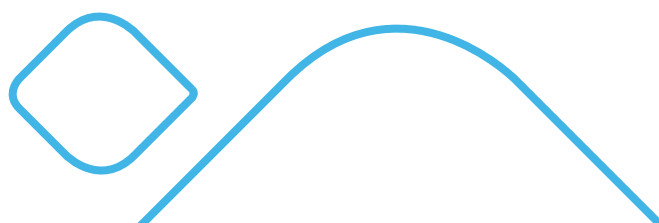
Skin prick testing is not accurate if antihistamines (e.g. Piriton<sup>®</sup>, Clarityn<sup>®</sup>, Zirtek<sup>®</sup>, Cetirizine, Loratidine & Fexofenadine) have been taken within the last 3-4 days. Please omit these prior to the clinic appointment.

If you think this will cause a problem for your child, please contact us prior to the clinic to discuss, or ask you GP for advice; 01225 824393

### Skin Prick Testing

This test is safe, quick and almost painless. It involves putting drops onto the skin which are then pricked lightly with a special lancet (pin). The droplets are then wiped off and the results are available in about 15 minutes. If the test is positive, a white itchy spot or wheal (a white raised lump) will appear after 15 minutes. The size of the wheal is measured and recorded. These tests can show which substances are likely to cause symptoms. Repeat measurements over time can show if person is outgrowing their allergy.

Talking to a child or young person prior to the appointment can help them to feel less anxious about any testing needed. There are a variety of support websites available on our webpage for this;



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Showing a younger child this video may help;

<https://www.bbc.co.uk/iplayer/cbeebies/episode/b092041b/get-well-soon-hospital-series-2-3-allergy>

We have a wide range of common skin-prick solutions available in the clinic. However, if the possible cause of the reaction is unusual or is a fruit or vegetable, then bringing a small amount of that food with you can be helpful as we may then be able to use it for testing.

## Blood Tests (specific IgE tests or 'Rasts')

These are used if skin prick testing is not possible such as severe eczema or recent antihistamines, or there is no test solution available. They give similar information to the skin prick tests. Numbing cream or spray can be used when the blood test is done. The results take up to 6 weeks to get back. We will contact you to make further plans based on these results.

## Allergy Challenges

We will sometimes recommend a food or medicine challenge in the department to clarify if an allergy is present. The doctor will give you more details about this at the time. They are often done at a separate appointment, early in the morning as they take several hours to complete. Occasionally we may offer them on the same day.

## Other Information

If it has not been clear what has caused a reaction, having information about the suspected ingredients, the brand name of a product or the packaging itself please bring it with you to the appointment. Photos of any symptoms can also be useful.

If your child has been prescribed allergy medicines such as antihistamine or and EpiPen® please bring this with you to the appointment. Please bring a list of other medication e.g. for asthma, eczema, hay fever

## After your consultation

A detailed clinic letter is sent to the child or young person's GP after clinic. We also supply you with a child specific plan for education settings. You may copy this letter for any other settings/carers. We can send a copy of this letter to the school nursing service.

***Thank you for taking the time to read this. The allergy team looks forward to meeting you in clinic.***

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## Useful Websites:

Anaphylaxis UK: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

Allergy UK: [www.allergyuk.org](http://www.allergyuk.org)

NHS Website: [www.nhs.uk/conditions/Allergies](http://www.nhs.uk/conditions/Allergies)

Eczema Society: [www.eczema.org](http://www.eczema.org)

Asthma UK: [www.asthma.org.uk](http://www.asthma.org.uk)

Royal United Hospital Allergy Webpage:



## Contact the Team

**Allergy clinic secretary:** 01225 824393

**Email:** [ruh-tr.childrensallergyclinic@nhs.net](mailto:ruh-tr.childrensallergyclinic@nhs.net)

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Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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