

Please allow about 30 minutes for the tests

Before coming for tests

If you are coming for allergy tests, please do not take any antihistamine medication for 7 days prior to your appointment.

If you have an allergic reaction before coming for your test and need to take an antihistamine, please call the Respiratory Lab to discuss.

Example of antihistamines;

- Certirizine
- Fexofenadine
- Loratadine

Finding us

Car parking is available on site; however it can be extremely busy during the week.

The Respiratory Lab is situated in the Respiratory Outpatient Department on the 2nd Floor of Zone B, department B49.

If you have any questions please contact the Respiratory Lab

Tel: 01225 824314

The RUH, where you matter

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | 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.

Skin Prick Allergy Testing

What to expect when you come for tests



This leaflet explains:

- Why we do skin prick allergy testing,
- How we do skin prick allergy testing,
- What you need to do if coming for the test

Why we do Skin Prick Allergy Testing

If you experience any of the following:

- Runny nose,
- Itchy eyes,
- Blocked nose,
- Asthma

This could be a sign you are having an allergic reaction to common airborne substances such as grass or tree pollen, house dust mites or animal fur. We can test you for these airborne substances (allergens) to see if you are allergic to them.

Who will perform the test?

One of our Clinical Physiologists who specialises in Respiratory will perform the tests.

How we do the test

One of our Clinical Physiologists will ask you about your symptoms to decide which allergens to test you for.

The tests will be done on the inside of your forearm. After marking your arm with a pen, a small drop of allergen will be placed by each mark. A special lancet with a very small point is used to press down on the surface of the skin, on top of the drop of allergen solution. Excess allergen is removed with a tissue.

If you react to an allergen you will experience redness, itching and a small swelling at the site of the puncture – a bit like a nettle sting. This will start to happen within about 5 -10 minutes. The reaction will take 1-2 hours to go down. You may wish to take an antihistamine once the test has finished.

What can we test you for?

We can test your sensitivity to airborne allergens. We do not test for any food allergens.

The allergens we use include grass pollen mix, tree pollen mix, house dust mite, dog, cat, horse, guinea pig, rabbit, duck feathers, goose feathers, fungal spores.

What happens if I have allergies?

We will give you information on how to avoid the allergens that you have reacted to. Your doctor or pharmacist will be able to advise you regarding medication.



How long does it take to do the tests?