



## This leaflet explains:

- Why we do allergy tests.
- How we do allergy tests.
- What you need to do if you are coming for allergy tests.

## Why do we do allergy tests?

If you experience any of the following:

- runny nose
- blocked nose
- itchy eyes
- asthma

. . you may be 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.

## How do we do allergy tests?

One of our Clinical Physiologists will ask you about your symptoms in order 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 puncture the surface of the skin, through the drop of allergen. 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.

## 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.



## Who will perform the tests?

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

## How long does it take to do the tests?

Please allow about 30 minutes for the tests.