

## Allergy Testing

### About your Test

Our experienced staff are fully trained in the performance of these tests, but the ordering doctor remains responsible for explaining the results.

Once your arm (or back) is prepared a small amount of each allergen is applied and pricked. Your immune system will interact with the allergen over the next 15 minutes and produce an itchy wheal (like a mosquito bite) if you have sensitisation to that product. You must not scratch the wheals while they develop as this may change their intensity.



Some medications such as antihistamines and antidepressants may interfere with the results. Please let us know what medications are being taken before booking the appointment.

Negative testing does not guarantee there is no allergy but makes an allergic cause less likely. Further tests may be required to find the cause of the problem or challenge testing may be required. Our Immunopathologists also work as Allergists and welcome contact from requestors to discuss the history and other options further.



You will need to allow up to 1 hour for your appointment.

### Reintroductions

Most children grow out of food allergies except to nuts. Skin allergy testing may help identify the correct time for a challenge test but this should still be performed in a safe environment under the guidance of a paediatrician/allergist even if the skin allergy test reactions have reduced significantly.

### Eczema and Foods

Particularly in children and rarely in adults eczema will flare with certain foods and skin allergy testing will be positive. If all the foods in our panel are being consumed without severe reactions managing the skin without complete food avoidance is advised as stopping these foods completely may increase the risk of anaphylaxis on subsequent exposure. Therefore any allergy testing is rarely indicated for foods in eczema unless reintroductions of avoided foods is planned.

# Patient Information

## Aeroallergens

We offer testing to house dust mite, pollens (grasses, birch and plantain), cats, dogs and the common moulds.

Hayfever, asthma and eczema may relate to allergies to these. A positive result indicates need for avoidance and that a patient could potentially be desensitised.

## Foods

We offer testing to milk, egg, peanut, wheat, soy, white fish and shrimp.

An immediate reaction to a food should be investigated and if more than one food was involved, testing each food may help identify the cause. The testing should generally be performed at least 4 weeks after the reaction. If only one food was associated with the reaction a blood test may be more appropriate. Likewise if the foods involved are not contained in our panel, consider performing a blood test instead.

## Post Testing Care

If you develop a rash, wheeze and feel dizzy or unwell on the day of your test, please go urgently to your nearest emergency department for assessment with this information sheet.

If you experience any increase in the reactions where we have performed your testing, please contact our appointments line.