

Allergy Skin Testing

Your child can be allergic to certain things in the environment (such as trees or animals), or foods. When you have an allergic reaction, you may have a runny nose, cough, sore throat, or your body may begin to swell and get puffy in some places. Having an allergy test can help tell you what you are allergic to so that you can take medicine to prevent these things from happening. This handout will explain how an allergy test works so that you will know what to expect.

1. A nurse or Child Life Specialist will explain how the test is going to happen. You can see, smell, and touch some of the things that will be used during the test. You will take your shirt off and you can choose to either put on a hospital gown that opens in the back or simply sit with no shirt on at all.



2. The nurse will ask you to lie on your stomach on the exam room table. For younger patients, the nurse will have you sit on the lap of the person you came with, giving them a hug. When available a child life specialist will bring books or activities to look at during the test.



3. The nurse will clean your back with a small wipe. The wipe will feel wet and cold, and you may notice it has a funny smell.



4. The nurse will then use a marker to write numbers on your back. Each number represent a different allergen we are testing.



IN CARE OF KIDS

- The nurse will take the tray of toothpicks and touch each toothpick near the numbers on your back. Some patients say this feels like a small scratch, while others say it tickles. After all toothpicks have been used, the nurse will blot the drops with a papertowel.



- You will wait 15 minutes for the allergy test to develop. You may notice your back start to itch and bumps and redness may appear. An adult may fan your back, but you may not touch your back or lean against anything. As you wait you can walk around, play with toys, or look at books.



- After 15 minutes the nurse will come back into the room and look at your back. The nurse will measure any redness with their ruler. When the nurse is done, your back will be washed with a warm washcloth. This will clean your back and help stop the itching. You can now put your shirt back on.



Your allergy test is done!

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