

## Information prior to your allergy appointment

1. Your allergy test appointment will be with Dr Theresa Pitts, General Paediatrician, with specialist training in allergy.
2. Your appointment will take approximately 1 hour but may take 2-3 hours if it entails a skin prick test. A skin prick test involves various allergens to be placed on the inner forearm or lower leg on toddlers and babies. It takes 15 minutes for the reaction to develop. Please bring entertainment for you and your child during your wait. If your child needs a snack, please ensure it is not messy and does not contain nuts.

**If your child is under 3 years of age please bring a stroller for them to sit in during testing.**

3. Allergy tests should not be done when your child's asthma is unstable or if they are generally unwell. Please advise Riverina Paediatrics (6925 0210) prior to the day of the appointment if this is the case.
4. If you have had previous allergy testing done, please bring the results of this to your appointment.
5. **Medication:**
  - **Antihistamines** eg: Zyrtec, Claratyne, Telfast should be stopped **5 days prior to testing.**
  - **Steroid Creams** eg: Advantin Fatty ointment, Dermaid, Hydrocortisone should be stopped on lower legs and lower arms **4 days prior to testing.**
  - **Asthma medication** eg: Ventolin, Flixotide, Sere tide may continue to be taken.
  - **Nasal sprays** eg: Nasonex, Rhinocort, Avamys may continue to be taken.
  - **Antibiotics** may continue to be taken.
  - **Cold, Flu medications & Cough medicines** should be stopped **5 days prior to testing.**
  - **Some medications** can affect allergy test results. Please inform Dr Pitts one week prior to your appointment if your child is taking antidepressants, cold and flu tablets, medication for migraine or beta-blockers (eg: blood pressure).
  - If you are unsure about any medication, please call Riverina Paediatrics.
6. **Do not apply moisturiser** to your child's skin on the day of the allergy test.
7. Your skin prick testing will be conducted by our practice nurse, with the results interpreted by Dr Pitts. If your child has had a possible reaction to fresh fruit or seafood – please call our office prior to your appointment to discuss what you will be required to bring.
8. On completion of the allergy test, you will have a discussion with Dr Pitts to decide which form of treatment would be most suitable for your child.

**Costs** are aligned with Riverina Paediatrics' current billing practice.  
Skin prick testing will be an additional cost of up to \$140 (Medicare rebate will be between \$35 and \$70 depending on what skin prick tests are performed)