

**THE MOST IMPORTANT  
THING WE DO IS PROVIDE  
THE BEST HEALTHCARE  
AND MEDICAL SERVICES  
FOR OUR PATIENTS  
IN A CARING AND TIMELY WAY**

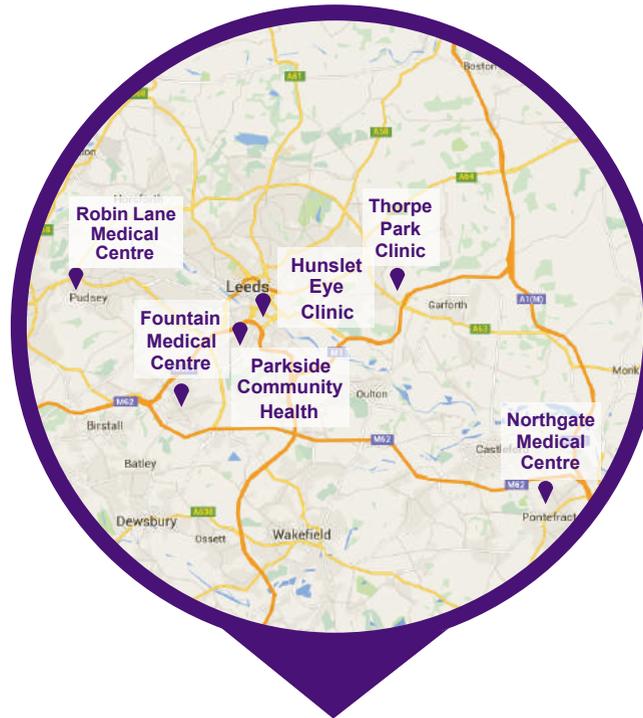
For any further information on your appointment or our services, please call our booking office number on

**0113 249 4655**

or email us on

**email@livingcare.co.uk**

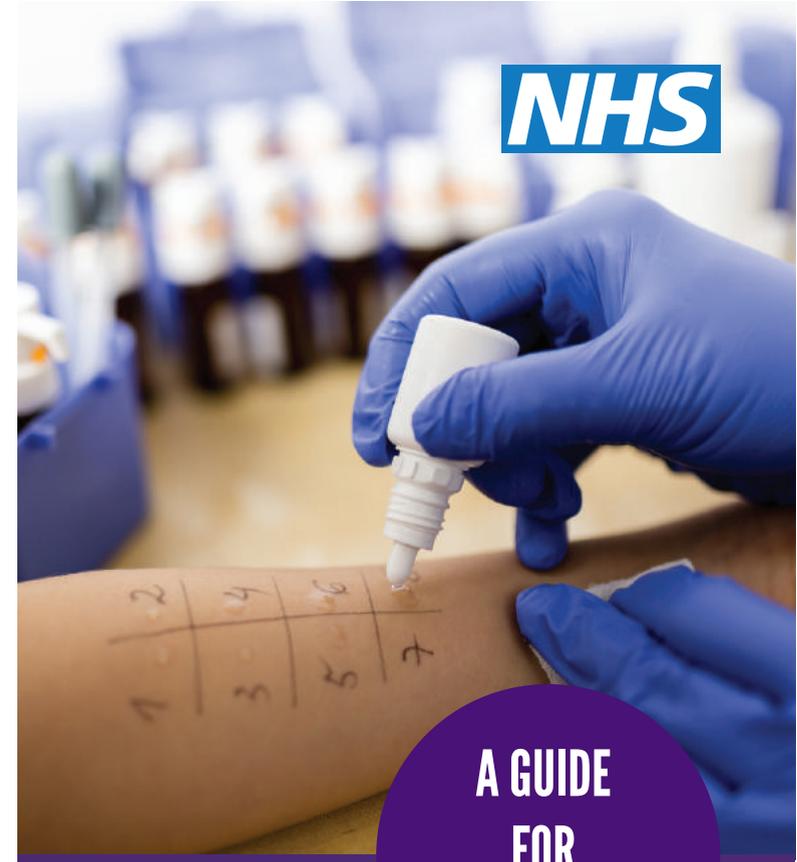
where our friendly and efficient staff will do their very best to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,  
DIRECTIONS AND BUS ROUTES ON  
[WWW.LIVINGCARE.CO.UK](http://WWW.LIVINGCARE.CO.UK)  
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE  
FOR  
PATIENTS**

**SKIN PRICK TESTING  
YOUR APPOINTMENT AT LIVINGCARE.**



## SKIN PRICK TESTING PATIENT INFORMATION.

An allergy develops when the body's immune system over-reacts to a substance that is not normally harmful, e.g. grass pollen. In allergic reactions the body produces powerful chemicals such as histamine. These chemicals cause unpleasant symptoms and can be harmful and cause damage to the body.

People can have allergies to almost anything from animals, bee and wasp stings to grasses or even chocolate. The substances that can cause reactions are called allergens.

Symptoms can include:

Nose:

Urge to sneeze, runny or blocked nose causing breathing difficulty (rhinitis)

Eyes:

Itching, reddening, watering, swelling (conjunctivitis)

Respiratory system:

Asthma, causing coughing, wheezing and occasionally acute breathing difficulty.

Skin:

Nettle rash or eczema may occur on direct skin contact with some allergens.

## WHAT IS A SKIN PRICK TEST?

A skin prick test is used to diagnose allergies. The nurse will prick gently through a drop of allergen extract placed on the surface of the arm. If you are allergic to the allergen you will have a small, itchy swelling and a reddening of the skin after 10-15 minutes.

## WHY AM I HAVING A SKIN PRICK TEST?

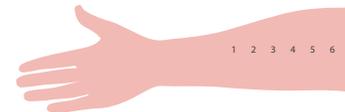
Your doctor has decided that you might have an allergy. You will be asked about when your symptoms are most obvious, such as inside the home, outdoors, night time, etc. From that information the doctor can choose which allergens you need testing with.

## WHAT MUST I DO BEFORE MY TEST?

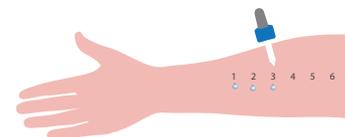
You should not take any antihistamines or cough medicines for 4-7 days before attending your skin prick test clinic. This is because these medicines interfere with the body's reaction to the skin prick test and could suppress your test results. Please speak to a pharmacist if you are unsure of the ingredients in any medicine you are currently taking.

## HOW IS THE TEST PERFORMED?

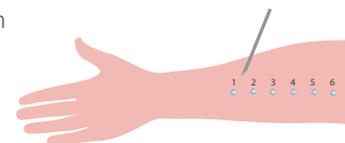
The nurse will tell you to rest your arm on a table and using a pen will mark and code your forearm, either directly or on to tape.



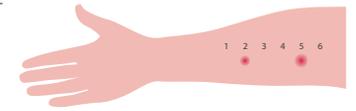
The nurse will then apply one drop of each allergen solution on to your skin next to its code number.



The nurse will prick through the drop using a lancet. This feels like a small pin prick. The nurse will then blot the forearm dry.



If you are allergic to one of the allergens a slight swelling surrounded by a red area will develop after about 15 minutes.



## WHAT HAPPENS AFTER MY TEST?

The reactions disappear after two or three hours.

The nurse may apply cream to stop any itchiness caused by the reactions.

You may resume your medication unless the doctor advises otherwise.

The symptoms of allergy can be controlled using medication in the form of tablets, inhalers, creams etc depending on the location, type and seriousness of symptoms. Remember these medications do not cure the allergy and only provide relief while they are taken or applied. Your doctor will prescribe the treatment most suitable for you.

Your doctor will also advise you about ways to control your allergy.

**MISSED PATIENT APPOINTMENTS  
ARE COSTING THE NHS  
A HUGE 7 BILLION POUNDS  
PER YEAR!**

If you are unable to make your appointment - please contact us on 0113 249 4655 or text 07713 198617 and we will happily rearrange or cancel for you.



