



**NHS**

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## Having a skin prick allergy test (Easy Read)



If you have an allergy, the doctor may suggest you have an allergy test to make sure.



You will have to stop taking your allergy medicine for 7 days before the test. Do not put any cream on your arms on the day of the test.



The Physiologist will make some marks with a pen on your arm.



Next they will put a drop of liquid containing the thing you might be allergic to near each mark on your arm. They will make a quick scratch through the drop. This could hurt but will only last a second.



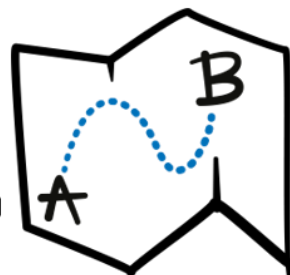
The Physiologist will call you back to look at your arm in 20 minutes. They will look at your arm to see if you are reacting.



Your skin may be itchy and get raised bumps. This shows you are allergic to a particular thing.

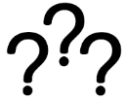


When we have checked your skin, you can wash it with soap and water to get rid of the drops.





You will meet the doctor to hear the results of the test. They will tell you ways to avoid the things that cause a reaction.



Please ask us if you have any questions.

