

SKIN SENSITIVITY TEST



PATIENT INSTRUCTIONS

Please make an appointment at a designated Labtests Collection Centre for your Skin Sensitivity (Prick) Test.

For an appointment call: 09 574 7399 - option 4

Before the test, prepare yourself at home:

- Do not take any antihistamine medication for 72 hours (3 days) before your test.
- Do not apply any cream or lotion to the test site (the arms or back) for 24 hours before your test.
- **Note:** Do not discontinue any oral treatment that you may be taking, including asthma medication, oral steroids and nasal sprays. Continue these as prescribed.
- If you are taking beta blockers or tricyclic antidepressants please discuss with your doctor before having the test.
- If you are pregnant or maybe pregnant please discuss alternative testing with your doctor.
- Has your Referrer Given you a SPT1 request form
 - Yes - 09 574 7399 - option 4 to book an appointment
 - No – You will need to go back to your Referrer to obtain the correct form before an appointment can be made.

On the day of the test at the Collection Centre:

- You must read the notes about Allergy Testing and complete the SPT1 section on the referral form at the collection centre prior to having your test done.
- If you have difficulty speaking or understanding English please bring someone along with you as an interpreter.
- The test will take approximately 40 minutes to complete
- The positions for each allergen to be tested are marked by numbers on your skin to identify the allergens.
- The Phlebotomist places a small droplet of each allergen on your skin and then pricks each one with a lancet.
- After 1 minute the Allergen solution is blotted and then 15 minutes later the result is read and recorded.
- It is important that you do not scratch or rub the skin prick areas to avoid any cross contamination and infection.
- If you have asthma or have had a severe allergic reaction previously and have any positive reactions you will need to remain at the Centre for 20 minutes after the test.
- The results are interpreted in the Laboratory and a report sent to your Doctor.

At home, following your test:

- You may take or apply any antihistamines prescribed by your Doctor
- If you have any concerns after the test, please contact your Doctor promptly

For further information, please call: 09 574 7399