

CONSENT

Allergens used in Skin Prick Testing, including the positive control are considered to be medicines therefore required to be registered in New Zealand. Unfortunately the Histamine control and some allergens available are not currently registered, therefore come under Section 29 of the Medicines Act.

Under the Medicines Act 1981, the pharmaceutical company selling the medicine has to inform the Director of Health that it has sold the medicine to the laboratory, and has to name the doctor and yourself, describe the medicines and say where and when the medicine was sold. This means we may have to supply these particulars to the pharmaceutical company.

I have received enough information to provide my consent for the performance of the Skin Allergy Test.

I consent to Myself Child
Date of Birth

- I understand the reasons and possible risks to me of the procedure.
- I understand that the histamine control and some allergens are not registered for use in New Zealand; therefore my name may be supplied to the pharmaceutical company and Department of Health.
- I have had adequate opportunity to ask any questions I wish and I understand that I am welcome to ask for more information if I wish.

Signature:
Patient/Parent/Guardian
Date:

WHAT TO EXPECT AT WELLINGTON SCL

Our experienced staff are fully trained in the performance of these tests but the ordering doctor remains responsible for explaining the results.

Once your arm (or back) is prepared a small amount of each allergen is applied and pricked. Your immune system will interact with the allergen over the next 15 minutes and produce an itchy wheal (like a mosquito bite) if you have sensitisation to that product. You must not scratch the wheals while they develop as this may change their intensity.

Some medications, such as antihistamines and antidepressants may interfere with the results. Please let us know what medications are being taken before booking the appointment.

Negative testing does not guarantee there is no allergy but makes an allergic cause less likely. Further tests may be required to find the cause of the problem or challenge testing may be required. Our Immunopathologists also work as Allergists and welcome contact from requestors to discuss the history and other options further.

Please call one of the numbers below to make an appointment using the request form supplied by your Doctor and turn the page for a few questions we have for you on the day.

APPOINTMENTS

Appointments can be made by phoning 04 381 5900, option 2. You will need to allow up to one hour for your appointment.

Appointments can be made at the following WSCL locations:

- Lower Hutt Hospital, High Street, Lower Hutt
- Masterton Hospital, Te Ore Ore Road, Masterton
- Wellington Hospital, Outpatient WSCL Rooms, Riddiford Street, Newtown

Appointment Location:

Appointment Time:

Appointment Date:

Skin Allergy Testing





INTRODUCTION

Skin Prick Testing (SPTs) has been available to community requestors in New Zealand for some time. This leaflet is to help patients and their doctors decide if this is the best test for them.

AEROALLERGENS

We offer testing to house dust mite, pollens (grasses, birch and plantain), cats, dogs and the common moulds.

Hayfever, asthma and eczema may relate to allergies to these. A positive result indicates need for avoidance and that a patient could potentially be desensitised.

FOODS

We offer testing to milk, egg, peanut, wheat, soy, codfish and shrimp.

An immediate reaction to a food should be investigated and if more than one food was involved this panel may help identify the cause. The testing should generally be performed at least 4 weeks after the reaction.

If only one food was associated with the reaction a blood test may be more appropriate. Likewise if the foods involved are not contained in our panel, consider performing a blood test instead.

ECZEMA AND FOODS

Particularly in children and rarely in adults eczema will flare with certain foods and SPTs will be positive. If all the foods in our panel are being consumed without severe reactions managing the skin without complete food avoidance is advised as stopping these foods completely may increase the risk of anaphylaxis on subsequent exposure. Therefore any allergy testing is rarely indicated for foods in eczema unless re-introductions of avoided foods is planned.

REINTRODUCTIONS

Most children grow out of food allergies except to nuts. SPTs may help identify the correct time for a challenge test but this should still be performed in a safe environment under the guidance of a paediatrician / allergist even if the SPTs have reduced significantly.



POST-TESTING CARE

If you develop a rash, wheeze and feel dizzy or unwell later today please go urgently to your nearest emergency department for assessment with this pamphlet.

If you experience any increase in the reactions where we have performed your testing, please contact us on 381 5900, option 2.

Dear Emergency Staff,

This client has completed allergy skin testing today and may be experiencing a delayed allergic reaction to this. Please send your reports to Immunopathologist, Wellington SCL.

Thank you for your care.

CHECKLIST

Please complete this checklist **prior** to your Skin Allergy Test appointment, preferably with your GP.

What is the reason for the testing?

- Immediate reaction in association with any of the following foods: milk, egg, peanut, wheat, soy, codfish, shrimp
Date reaction occurred ____/____/____
- Currently avoiding one or more of the following foods due to a previous reaction, or because of an eczema flare: milk, egg, peanut, wheat, soy, codfish, shrimp
- Experiencing hayfever symptoms, eg. running nose, itchy/red eyes and nose
- Asthma or wheeziness
- Eczema or dry, itchy, reddened skin

Please complete this checklist **on the day of the test:**

- Are you pregnant? Yes No
If Yes, defer testing until after pregnancy
- Are you currently unwell or wheezy in any way?
- Have you been withholding antihistamines for at least 3 days?

Please list **all** medications you have taken in the past 3 days:
