

Information prior to your allergy appointment

1. Your allergy test appointment will be with Dr Theresa Pitts, General Paediatrician, with specialist training in allergies.
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 time (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 normally sits in a stroller please bring this with you.
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** e.g: Zyrtec, Claratyne, Teldane, Telfast should be stopped 5 days prior to any testing.
 - **Asthma medication** e.g. Ventolin, Flixotide, Seretide may continue to be taken.
 - **Nasal sprays** e.g: Nasonex, Rhinocort, Avamys may continue to be taken.
 - **Antibiotics** may continue to be taken.
 - **Neurofen/Paracetamol** may continue to be taken.
 - **Cold and flu medications** and **cough medicines** should be stopped 5 days prior.
 - **Some medications** can affect allergy test results. Please inform Dr Pitts one week prior to your appointment, if your child is taking antidepressants, migraine medication, beta-blockers, blood pressure medication, anti-epileptics, or risperidone.
 - If you are unsure about any medication, please call Riverina Paediatrics prior to the day of your appointment.
6. **Do not apply moisturiser** to your child's skin on the day of the allergy test.
7. Your allergy testing will likely be conducted by our practice nurse, with the results interpreted by Dr Pitts.
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 \$120 (Medicare rebate will be between \$33 and \$66 depending on what skin prick tests are performed)