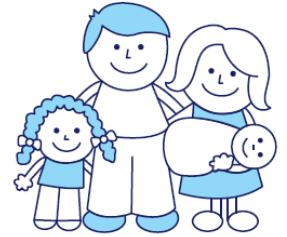


# INFORMATION PRIOR TO YOUR ALLERGY TEST

Dr Joanne Simpson

Bluff Road Medical Centre



- Your allergy test appointment will be with Dr Joanne Simpson, a general practitioner trained in allergy (2 year postgraduate certificate in Allergic Disease)
- You will be asked to attend first for a standard 15 minute appointment to discuss you or your child's condition and determine if allergy testing at our practice is appropriate for your condition or whether referral to a specialist allergist is more appropriate.
- If a skin prick allergy test is needed you will need to attend again on a separate day for this.
- You will need to allow just over 30 minutes for this appointment which will involve both the testing and a 15 minute consultation afterwards for discussion of the results and management.
- Allergy tests should not be done when your asthma is unstable or when you are generally unwell.
- **Your current medication**
  - **Antihistamines** (i.e. Zyrtec, Claratyne, Teldane and Telfast) should be stopped five (5) days prior to any testing.
  - **Some medications** can affect your allergy test results. Please consult with your doctor, a week prior to test, if you are taking antidepressants, cold and flu tablets, medication for migraine and beta-blockers(e.g. blood pressure). Where possible and only from approval by your doctor, these medications should be stopped 4 days prior to your test.
  - **Antibiotics** may continue to be taken.
  - **Asthma medication** e.g. Ventolin, Flixotide, Seretide , Pulmicort may continue to be taken.
  - **Nasal sprays** e.g. Nasonex, Rhinocort, Avamys may continue to be taken but not Dymistya.
  - **Do not apply moisturiser** to your skin on the day of your allergy test.
- If you have already received our simple allergy questionnaire, please complete it and bring it with you to your first appointment with Dr Simpson. If not please go to our website to print it out and complete it.

Or

- Dr Simpson will go over the details of the questionnaire at the beginning of your appointment. At the same time, you will be advised of the allergy test procedure.
- Referral to a specialist allergist may be required if you are at high risk of anaphylaxis or you have a complex allergy condition, and this will be given in the first appointment or after your skin prick test if required.
- If an EpiPen is required it may be given if you have already seen an allergist or in consultation with an allergist.

**Bluff Road Medical Centre**

328 Bluff Road, Sandringham VIC 3191 Australia

Phone 03 9598 6244 [www.bluffroadmedical.com.au](http://www.bluffroadmedical.com.au)

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## What to expect Allergy skin prick testing appointment and review consultation

- Skin prick testing involves testing a range of allergens (fresh foods or extracts)
- Droplets of extracts are placed on the inner aspect of the forearm and we penetrate through the droplet at 90 degrees to the skin with a specially modified lancet. With fresh foods we use a direct technique. You will be asked to bring the fresh foods if required in individual zip lock bags on the day of your skin prick test and second appointment. Fresh foods are required for fruits and vegetables and some other foods or if the extracts are in short supply from the manufacturer.
- The reactions are read after 15-20 minutes, following which you will have a review consultation to discuss the outcomes of the testing.
- Please allow 45 minutes on the day of your skin prick test and review consultation to discuss the results of your skin prick tests.

## Fees for allergy consultation and skin prick testing.

	Fee
First Consultation (15 minute appointment)	\$87
Allergy Skin Prick Testing (1 to 20 allergens)	\$125
Consultation immediately after allergy testing	\$174

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