

# Skin Prick Allergy Testing Specific to Ear, Nose and Throat

## Patient Information

ENT Department

Author ID:	PMW
Leaflet ref:	TLC 019
Version:	7
Leaflet title:	Skin Prick Allergy Testing Specific to Ears, Nose and Throat
Last review:	June 2021
Expiry Date:	June 2023



## Why do we do skin allergy testing?

This gives the medical team information about anything you may be allergic to which can affect your nose and cause difficulty in breathing.

## Benefits of the test

The skin prick test can provide useful evidence for a diagnosis made on clinical grounds. It is a simple, quick, and safe method with a high degree of accuracy.

Skin prick testing with various routine allergens (pollen, dust mites) is still the procedure in diagnosing allergic symptoms.

## Risks of the test

The risk of having an allergy reaction to a skin prick test is very low due to the small volume inoculated when introduced with the lancet.

## Alternatives to having the test

An alternative to skin prick testing is a blood test – **The RAST Test**. This may be appropriate in patients who present with a history of sensitivity to particular allergens and yet produce consistently negative allergy tests.

## What about medication?

If you are taking antihistamines, nasal drops or sprays, these **must** be stopped **three days** before having the test as this will affect the outcome of the test.

## What will happen when I come to clinic?

Please book in at the reception desk **Area 1 at Leigh Infirmary**. A nurse will call you through and ask you to remove any clothing on your arms, as she will need to do the test on your forearm. Numbered tape will be applied, and small drops of various allergens will be put onto your arm. The skin will be pricked with a small instrument allowing the allergen to seep underneath. Excess drops will be removed with a tissue.

## How long will I have to wait for the test?

After the test has been performed you, will be asked to sit back in the waiting room for around 15 to 20 minutes.

## What will happen after?

After 15 to 20 minutes, the nurse will call you back to look at your arm. If there is any reaction an explanation as to what measures can be taken to help will be given. Advice and information sheets will also be given.

Before you leave the nurse will check that you have a follow-up appointment made with a doctor.

Please use this space to write notes or reminders.

---

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan WN1 2NN

---

## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



---

## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

---

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

---

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

**Call 111 first when it's less urgent than 999.**



Phone: 0808 802 1212  
Text: 81212  
[www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

