



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.™

Helping Hand™

ALLERGY TESTING

If your child is being seen for possible allergies, asthma, frequent infections or stuffy nose, skin testing may be done. Testing can help find out what causes his or her symptoms. An allergy is a reaction of some part of the body to things like dust, mold, trees or grass, animals, bugs, or food. The visit will last about 2 hours.

HOW TO PREPARE FOR THE TEST

1. **Stop all medicines that contain antihistamines.** Antihistamines are in many allergy and cold remedies. They will interfere with skin testing. They must be stopped before the appointment.

Medicines that **must be stopped 5 days** before your appointment include:

- **Zyrtec®** (cetirizine)
- **Atarax®** (hydroxyzine)
- cyproheptadine
- **Allegra®** (fexofenadine)
- **Xyzal®**

Medicines that **must be stopped 3 days (72 hours)** before your appointment include:

- **Claritin®** (loratadine)
- **Clarinex®** (desloratidine)
- **Benadryl®** (diphenhydramine)
- **Tavist®** (clemastine)
- **Dimetapp®** (brompheniramine)
- **Rynatan®** (chlorpheniramine)
- **Astepro®**
- **Patanase®**
- Over-the-counter cough and cold medicines

2. Your child should keep taking medicines that have been prescribed for wheezing or asthma. He can continue to use any inhaler (Flovent®, Asmanex®, Pulmicort, Advair, others), take oral steroids, any antibiotic, and any nose spray (except **Astelin®** and Patanase).
3. If you have any questions about which medicines are okay to continue, or you do not feel it's possible for your child to stay off a medicine for the suggested time, please call (614) 722-5500.
4. If your child is being tested for bee sting allergies, he must wait at least 6 weeks after being stung.

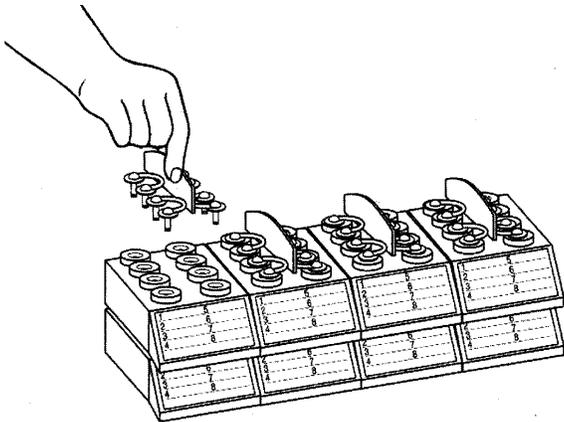
HOW THE TEST IS DONE

A nurse will explain the test to you and your child.

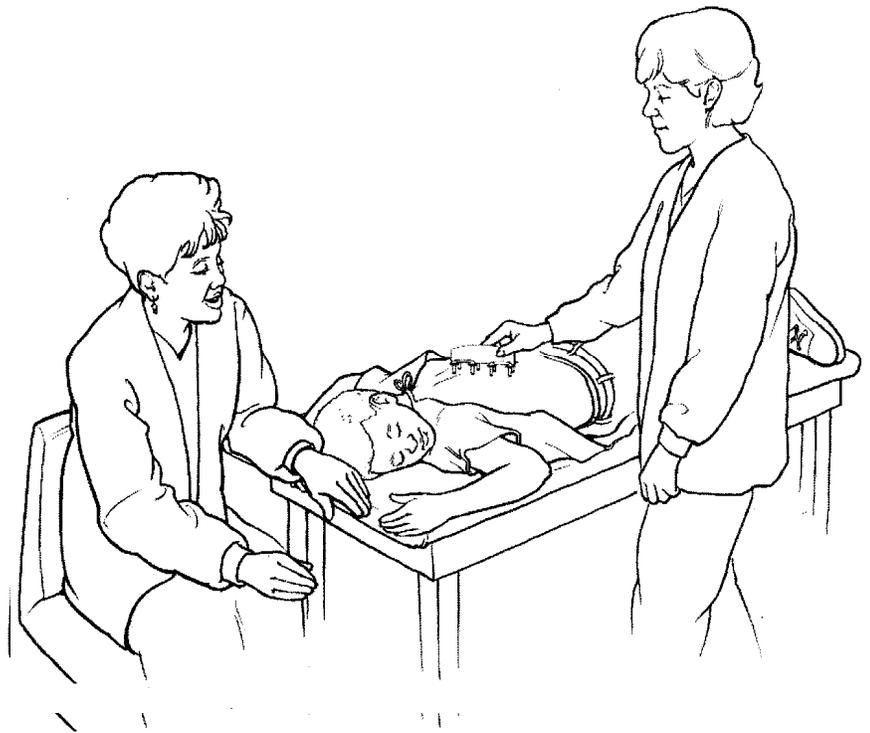
- Your child will be asked to lie flat on his stomach (Picture 2).
- A plastic applicator with eight tips is dipped into a container of allergy extract (Picture 1). The plastic applicator is gently pressed on your child's back. Then the liquid is wiped off.
- After the allergy tests have been applied, your child may sit up and play until it is time for the doctor to read the results (usually 10 to 20 minutes later).
- Your child's back may itch, but he must not scratch it. After the testing is over, the area can be cleansed. Any redness or swelling will go away.
- Sometimes the doctor may want to do additional skin tests with stronger allergens. For these tests, small drops are injected, usually on the upper arm. A tiny needle and syringe are used. A small raised bump (bleb) forms when these skin tests are applied. The doctor will read these tests 10 to 20 minutes later.
- The doctor will then explain the results of the test and the plan of medical care.

APPOINTMENTS

We look forward to meeting and working with you. If you cannot keep your child's appointment, or if you have questions, please call the Nationwide Children's Hospital Allergy Clinic in advance at (614) 722-5500.



Picture 1 The applicator for the allergy extract.



Picture 2 Having an allergy test.