

SKIN SENSITIVITY TEST

PATIENT INFORMATION SHEET

Your doctor has requested a skin sensitivity test to check for possible allergies. Please see details below.

Before Your Test:

- **Antihistamines:** Stop all antihistamines 3 days (72 hours) before your test, as they can affect the results.
- **Skin care:** Do not apply creams or lotions to the test site (arms or back) for 24 hours before your appointment.
- **Other medications:** Continue all other prescribed treatments, including asthma medications.
- **Special medications:** If you take beta-blockers or tricyclic antidepressants, discuss with your doctor before testing.
- **Pregnancy:** If you are pregnant or may be pregnant, talk to your doctor about alternative testing.
- **Interpreter:** If you have difficulty understanding English, bring someone to interpret for you.
- **Infants:** Children under 18 months are not usually tested unless approved by a pathologist.

Referral & Consent:

- A referral form must be completed and sent to immunology@pathlab.co.nz for approval.
- You will be contacted for an appointment at your nearest site.
- A consent form must be completed on the day of testing.

During the Test:

- Small drops of allergens are applied to your skin, then lightly pricked.
- A histamine positive control (expected reaction) and a negative control (no reaction expected) are included.
- Positive reactions appear as red, itchy bumps like mosquito bites. Do not scratch.
- Reactions are measured about 15 minutes after application.
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Occasionally, reactions may appear up to 4 hours later; these are usually less itchy but may last longer—contact us if this happens. Contact your GP if you have concerns after the test.

Managing Itching:

Itching is usually short-lived. Avoid scratching to prevent infection. Use topical creams (e.g., Anthisan), a cold flannel, or ice for up to 5 minutes. Oral antihistamines can also relieve itching after the test.

Safety:

Skin tests are very safe. The risk of severe allergic reaction (anaphylaxis) is less than 0.2%. If you feel unwell during the test, inform the staff immediately.

Duration: The test usually takes about 30 minutes.

Your results can only be obtained from the requesting doctor

Please refer to our website for additional information

www.pathlab.co.nz

or alternatively contact

07 858 0795