

## SKIN ALLERGY PATIENT INFORMATION SHEET

Your doctor has requested a skin sensitivity test to determine whether you have any allergies. You must stop taking all antihistamines for three days (72 hours) prior to your appointment, as these will interfere with the testing, possibly leading to inaccurate results.

Do not apply any cream or lotion to the test site (the arms or back) for 24 hours before your test.

**Note:** Do not discontinue any other oral treatment you may be taking, including asthma medication; continue these as prescribed. If you are taking beta-blockers or tricyclic antidepressants, please discuss with your doctor before having the test. If you are pregnant or may be pregnant, please discuss alternative testing with your doctor.

A referral form must be completed by the requestor and sent to the following email address [immunology@pathlab.co.nz](mailto:immunology@pathlab.co.nz) for approval. You will then be phoned for an appointment at your nearest site. A consent form must be completed at the time of the test.

**Note: Infants under the age of 18 months will not be tested (unless consultation and prior approval by a pathologist).**

If you have difficulty speaking or understanding English, please bring someone along with you as your interpreter.

The test will take approximately 30 minutes to complete.

Testing is performed by applying a range of small drops of fluid (allergens) to the skin and a prick is made through the drop before it is blotted away. Included within the range is a drop of fluid we expect all patients to react to (histamine positive control) and fluid we expect no reaction from (negative control). Positive reactions will become itchy and red with a small lump like a mosquito bite. It is important not to scratch these. The size of the reactions will be measured approximately 15 minutes after application of the allergen. Occasionally, positive reactions can occur up to 4 hours after application (late phase reactions). This is usually like the initial reaction but usually less itchy. However, often it will last longer. Please contact us if this occurs.

Itching of positive tests can be annoying but is usually short lived. It is important to try to avoid scratching as this may result in infection if the skin becomes broken.

A topical cream, e.g. Anthisan, can soothe the itching. A cold flannel or ice can also be useful. However, never apply ice for longer than 5 minutes. Oral antihistamines can also relieve the itching.

Skin sensitivity tests are very safe, the risk of anaphylaxis is less than 2 per 10,000 (0.2%) if you feel at all unwell during the test, it is important to inform the staff member performing the test. In addition, if you have any concerns after the test, **please contact your GP immediately.**

***Your results can only be obtained from the requesting doctor***

If you have any problems, please contact one of the following:

**Waikato**  
07 858 0799

**Bay of Plenty**  
07 578 7073

**Whakatane**  
07 306 0906

**Rotorua**  
07 348 2106

**Taupo**  
07 376 5103  
07 376 1045

## PARERANGI KIMI PUKAPUKA KORERO MATUA (Skin Allergy Test)

Kua tonohia e to taakuta he whakamatautau kiri kiri kia mohio ai he mate mate mate koe. Me whakamutu e koe te tango i nga antihistamines katoa mo nga ra e toru (72 haora) i mua i to whakatautau, na te mea ka whakararu enei i nga whakamatautau, tera pea ka puta he hua kore.

Kaua e pania he kirimi, wai hinu ranei ki te waahi whakamatautau (nga ringa, tuara ranei) mo nga haora 24 i mua i to whakamatautau.

Kia mahara: Kaua e whakamutua etahi atu maimoatanga-waha e mahia ana e koe, tae atu ki te rongoa huango; haere tonu enei i whakaritea. Mena kei te tango koe i nga beta-blockers, tricyclic antidepressants ranei, me korero ki to taakuta i mua i te whakamatautau. Mena kei te hapu koe, kei te hapu ranei koe, me korero ki to taakuta etahi atu whakamatautau.

Me whakaoti e te kai tono he puka tono ka tukuna ki te wahitau imeera immunology@pathlab.co.nz mo te whakaaetanga. Ka waeahia koe mo tetahi huihuinga i to waahi tata. Me whakaoti he puka whakaaetanga i te wa o te whakamatautau.

Tuhipoka: Ko nga kohungahunga kei raro iho i te 18 marama e kore e whakamatauria (mehemea kaore he korero me te whakaaetanga i mua mai i te tohunga mate).

Mena he uaua ki a koe te korero me te mohio ki te reo Ingarihi, me kawe mai he tangata hei kaiwhakamaori. Tata ki te 30 meneti te roa o te whakamatautau kia oti.

Ka mahia te whakamatautau ma te tuku i te tini o nga pata iti o te wai (allergens) ki te kiri, ka werohia ma te topata i mua i te murunga. Kei roto i te awhe ko te maturuturunga iho o te wai e tumanako ana matou ka aro nga turoro katoa ki (te mana pai o te histamine) me te wai e tumanakohia ana karekau he urupare mai i (te whakahaere kino). Ko nga tauhohenga pai ka matewai me te whero me te putunga iti peni i te ngau namu. He mea nui kia kaua e rakuraku enei. Ka inehia te rahi o nga tauhohenga tata ki te 15 meneti i muri i te tono o te mate pawera. I etahi wa, ka puta nga tauhohenga pai ki te 4 haora i muri i te tono (nga tauhohenga waahanga mutunga). He rite tonu tenei ki te tauhohenga tuatahi engari ko te nuinga o te waa ka iti ake te tito. Heoi, he maha nga wa ka roa ake. Tena koa whakapā mai ki te puta mai tenei.

Ko te patito o nga whakamatautau pai ka hoha engari he poto noa te wa. He mea nui ki te ngana ki te karo i te rakuraku na te mea ka puta he mate mena ka pakaru te kiri. He kirimi kaupapa, e.g. Ko Anthisan, ka taea te whakamaarama i te patito. Ka whai hua ano te harakeke makariri, te hukapapa ranei. Heoi, kaua rawa e tono tio mo te roa ake i te 5 meneti. Ka taea hoki e nga antihistamines-waha te whakakore i te mate.

He tino haumarua nga whakamatautau tairongo kiri engari ki te kore koe e pai i te wa o te whakamatautau, he mea nui kia whakamohio atu ki te kaimahi e mahi ana i te whakamatautau. I tua atu, mena he awangawanga koe i muri i te whakamatautau, tena koa whakapiri atu ki to taakuta.

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