

Your child has an appointment to see an allergy specialist

Information and advice for parents and carers

Multidisciplinary Paediatric Allergy Team

What to expect

Your child will be seen by one of our paediatric allergy or immunology consultants or a nurse consultant.

The consultation may take up to 20 minutes depending on the problem.

Not all patients require an allergy test. Depending on your child's problem you may see a nurse who will carry out a skin prick test or direct you to where to have a blood test.

A Skin Prick Test will provide your allergy specialist with results within 15 minutes of completion. To have the test your child **must not** have any allergy medicine e.g. Chlorphenamine (Piriton), Cetirizine or Loratadine for minimum of 3 days prior the appointment. If you're not sure call us to check on the number overleaf. Not all allergens are available for a skin prick test e.g. unusual food or substances. Sometimes pieces of the food can be brought in to clinic (e.g. jack fruit, asian fish etc.) to do a prick to prick test. Please call us for further advice.

A blood test takes very little time to do but results can take a week or two. If your child needs to have their antihistamine medicine prior to the appointment or requires additional tests, a blood test maybe the best option.

The skin prick test results will be reviewed by your allergy consultant who will make a plan together with you about the management of your child's condition.

An Allergy Specialist Nurse

An Allergy Specialist Nurse will provide you with education on allergen avoidance, different signs and symptoms of allergic reaction and their management and if required, training on when and how to use an adrenaline auto injector and anything else that maybe useful to help you and your child live well with allergy. This consultation can take up to 30 minutes.

Dietician

For food-related allergies and advice on food avoidance you will be seen by our expert dietician.

We would like you to have the best outcome for your child from this appointment and to help you with preparing for this appointment we recommend you allow two hours for your visit.

Should you have any queries about your appointment, please contact our general paediatric department on the number on the back of this leaflet.

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Glossary

Allergen

Substances that cause allergic reactions are called allergens.

Antihistamine

An antihistamine is a drug that counteracts the action of histamine, an agent in the body that causes itching and flushing of the skin such as in an allergic reaction.

Chlorphenamine

Relieves red, itchy, watery eyes; sneezing; itchy nose or throat; and runny nose caused by allergies, hay fever, and the common cold.

Cetirizine

Cetirizine is a non-drowsy antihistamine medicine that relieves the symptoms of allergies.

Loratadine

Loratadine is a non-drowsy antihistamine medicine that relieves the symptoms of allergies.

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Contact us

To contact the Paediatric Allergy Service, which is based within the Children's Department at both City and Sandwell sites, please call on:

0121 507 3173

0121 507 3471

We will be glad to see you, hope you have an excellent experience and will provide you with a first-class Allergy Service for Children and Young people.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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