

# Your First Allergy Clinic Appointment

## **Preparing for your first Allergy Clinic appointment:**

- Do not take any antihistamines for three to five days before your appointment, to avoid a potential weakened response if allergy testing is ordered
- Wear loose-fitting clothing to your appointment, such as a t-shirt or a shirt with sleeves, that can easily be rolled up
- Ensure you have an up-to-date list of your medications to bring with you to your appointment. You can also obtain this list from your pharmacy.

## **What to expect:**

- You will be escorted to one of the assessment rooms by nursing staff
- A skin prick test may be performed at your first allergy appointment (see photo)
- During a skin prick test, the instrument used is called a duo tip.  
(No needles are involved).
- A duo tip is used to scratch the skin to administer the allergen(s) being tested, potentially causing a localized allergic reaction
- This reaction can take up to 10 minutes to appear where it was placed on the arm
- After 10 minutes, the nurse will assess the testing sites for potential reactions and record the results
- You will then be assessed by your physician/physician's resident in the clinic and a history of your symptoms will be reviewed
- Your physician will review testing results, care options and your plan of care prior to your discharge
- The appointment may take up to two hours to complete