



IMMUNOLOGY-ALLERGOLOGY | FOOD-ALLERGY CLINIC

ALLERGY TESTING

Your doctor has referred you to an immunology–allergology clinic, so you will probably have allergy tests. The test aims at identifying what you might be allergic to (such as dust mites, animals, pollen, foods, medications, or wasp venom).

The tests consists of little scratches on your forearm, which cause a pricking feeling.

The appointment can last from 30 minutes to 4 hours.

WHAT TO DO BEFORE YOUR APPOINTMENT

Do not take **antihistamines** (such as Aerius, Claritin, or Benadryl) in the **7 days before your appointment**. If in doubt, check with your pharmacist.

Exception: If you or your child has had hives (urticaria) for several days and is taking antihistamines prescribed by your doctor, do not stop taking them.

Take all your other medications as you normally would (nasal and asthma sprays, Singulair, antibiotics, anti-inflammatory agents, antidepressants, etc.).

THE DAY OF YOUR APPOINTMENT

If the patient is a child or a person who has difficulty expressing themselves, they must be accompanied by someone who can relate what happened.

It is important to carefully read the information below.

FOOD-ALLERGY CLINIC

Bring a small amount of each food that causes a reaction (fresh or frozen). If the reaction was caused by a prepared food (e.g., snack bar or baked good), bring the complete list of ingredients with you.

After signing in at the clinic, immediately give them to the nurse (letter H, room 16, location 26H16). **No need to bring** milk, eggs, peanuts, nuts, or soy, since the clinic already has them.

Authors

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Revision and layout

Service des communications

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