

# ALLERGY TESTING

WHAT TO EXPECT FROM YOUR ALLERGY TEST

For  
KIDS+  
TEENS

So, you might have allergies...  
It's time for an allergy test.

You probably have a lot of questions. Here is a quick guide on what to know before your allergy test!

*When you come in for allergy testing, the allergist is testing for 48 allergens to see what your body reacts to! The test applicator is a white plastic rectangle with prongs that look like a comb you use to brush your hair. There are no needles!*

## STEPS

1. When you arrive for your appointment you may have to wait in the lobby for your name to be called.
2. When the allergist calls your name you will be taken to a room and you will sit in a reclining chair.
3. The allergist might ask you or your parent some questions.
4. Then, the allergist will wash your arms with a cold wipe called an *alcohol pad*.
5. The allergist will use 5 of these applicators dipped in oil and press them on your arm. The oils are the allergens that they are testing you for.
6. You will sit and wait for *15 minutes*. You might notice small bumps that look like mosquito bites on your arms. Try not to itch them!
7. The allergist will measure any bumps you have on your arm using a ruler.
8. Your arms might still be itchy and the allergist will give you some lotion or spray to take the itch away.



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## ALLERGY ROOM

The room where you will get your allergy test looks similar to the exam rooms at the doctor's office. You may notice a refrigerator in the room. This is where they keep the "allergens" and other medicines needed for patients.



## APPLICATOR

The tester is plastic and looks like a comb. Each prong of the tester will place a different "allergen" on your skin.



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