

# ALLERGY TESTING

For  
KIDS

## WHAT TO EXPECT FROM YOUR ALLERGY TEST

- 1 Arrive to the clinic. Check in & wait for your name to be called.
- 2 The allergist will call your name and take you to a room with a reclining chair.
- 3 The allergist will ask your parent/guardian some questions about you and your allergies.
- 4 The allergist will wash your skin with a cold wipe called an *alcohol pad*.
- 5 The allergist will use 5 applicators dipped in oil and press them on your arms. Count 1..2..3..4..5!
- 6 Wait for 15 minutes! You might notice some small bumps on your arm that look like bug bites. Your job is to hold like a statue and try to not itch them!
- 7 The allergist will measure any bumps you have on your arms. Then he or she will give you some lotion or spray to take the itchiness away!



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## How are you feeling today?

A KID'S JOURNAL  
+ ACTIVITY PAGE



I am getting an allergy test because \_\_\_\_\_.

My \_\_\_\_\_ is with me today. My Allergist's name is \_\_\_\_\_.

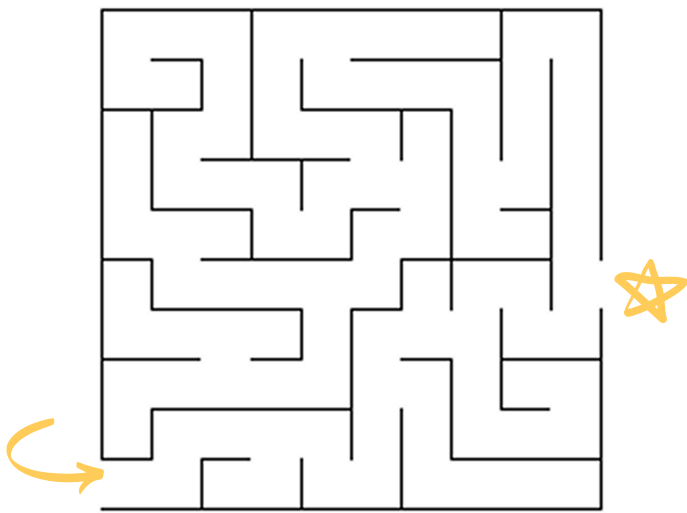
I am/was most nervous about \_\_\_\_\_.

When I get nervous \_\_\_\_\_ helps me feel better.

During the allergy test I felt \_\_\_\_\_.

The Allergy test was:  *Better than I thought*  *The same as I thought*  *Worse than I thought*

## A-Maze-ing!



## iSpy with my Little Eye...



Gloves  
Bandaid  
Mask  
Otoscope  
Stethoscope

Medicine  
Syringe  
Nose  
Ear  
Ruler

