

Leicester Royal Infirmary
Infirmary Square
Leicester
LE1 5WW

IMPORTANT ADVICE ABOUT YOUR CHILD'S ALLERGY CLINIC APPOINTMENT

PLEASE READ CAREFULLY – IMPORTANT INFORMATION ABOUT YOUR CHILD'S APPOINTMENT IN THE CHILDREN'S ALLERGY CLINIC

Dear Parents or Carers

Your child has been referred to us in this clinic and an appointment has been arranged. During your visit to our clinic you may see the clinician, specialist nurse and the dietitian where necessary. The whole visit may **UP TO 3 HOURS**.

Many appointments in our clinic are for **TESTING FOR ALLERGIES**. We usually use **SKIN TESTS** as they are as good as blood test but give us immediate results. The accuracy of these skin tests are affected if the patient is taking **ANTIHISTAMINE** medicines at the time of testing.

We may wish to do skin tests on your child at his or her clinic appointment. If he or she is taking antihistamines and is able to do without for a few days, we would ask you to stop **ONLY** the antihistamines for **4 DAYS** before your clinic appointment.

Antihistamines are often prescribed by doctors for children with allergies. So, medicines that you have received from your GP might include antihistamines. They include:

Piriton	(also called chlorphenamine)
Zirtek	(or cetirizine)
Clarityn	(or loratadine)
Neoclarityn	(or desloratadine)
Xyzal	(or levo cetirizine)
Telfast	(or fexofenadine)
Ucerax	(or Hydroxyzine)
Dymista nasal spray	

Antihistamines are also present in some cough medicines and cold and 'flu remedies, including Medised. These should also be avoided before clinic where possible as they too can affect skin test results.

Thank you
Childrens Allergy Team