

# Skin Prick Test

## Overview

A skin prick test is a most convenient and least expensive method of allergy testing, and the results are available within 20 minutes. It is done to find out what you are allergic to.

It is important to know so that you can avoid or reduce the exposure to those allergens. Successful allergen avoidance can decrease or eliminate allergy symptoms.

## What are the common types of allergens?

Allergens may enter our body through inhaling, eating or contact. You may be allergic to:

- House dust mite
- Cockroach
- Mold
- Curvularia lunata
- Bermuda grass
- Common mugwort
- Cat hair
- Dog epithelia
- Tobacco leaf



## Skin Prick Test is not recommended for:

- Extensive dermatological (skin)
- Persistent severe asthma
- On certain antidepressants/ anti-anxiety medications
- On certain monoclonal antibody drugs/biologics (e.g. Xolair)
- Unable to stop taking antihistamines
- On beta-blockers
- Pregnant



## Investigation, Test and Procedures

The skin prick test is most commonly performed on the forearm. This test is done by placing a drop of solution containing possible allergens on the skin and making a series of scratches using a sterile lancet to allow the solution to enter the skin.



If the skin develops a red, raised itchy area (called a wheal); it usually means that you are allergic to a particular allergen.

## Are there any side effects?

The test is slightly uncomfortable, but it can usually be well tolerated.

Local itch and swelling normally subsides within 1-2 hours. More prolonged or severe swelling may be treated with an oral antihistamine, topical cream and an ice pack.



Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of April 2024 and subject to revision without prior notice.



Scan QR code to download e-brochure