

# PAEDIATRIC ALLERGY CLINIC APPOINTMENT CHECKLIST



The Leeds  
Teaching Hospitals  
NHS Trust

Before your child attends the appointment, please check the following:

**1**

**You have not given your child any antihistamine medication (e.g. cetirizine, chlorphenamine) for 3 - 5 days before their clinic appointment, as this can interfere with the allergy skin prick tests.**

**If your child has an allergic reaction, GIVE the antihistamine medication as required.**

**2**

**If your child is on regular antihistamine treatment for chronic urticaria, they do NOT need to stop taking their antihistamine before their appointment.**

**3**

**If you think that your child may be allergic to a fruit or vegetable, please bring a small piece of the fresh fruit or vegetable with you to clinic to be used for their allergy skin tests.**

**4**

**Please bring a list of all of your child's current medications and doses, including creams and over the counter treatments.**

**5**

**If your child cannot attend their appointment, please make sure you contact the booking team on 0113 392 0459 as soon as possible to cancel the appointment.**