

Sláinte Leanaí Éireann  
ag Cromghlinn



Children's Health Ireland  
at Crumlin

## How to prepare for you allergy appointment

Please ensure that your child has **not taken anti histamine medication** (e.g. ZIRTEK etc.) for 5 days prior to clinic.

Parents and children attending **must not** be showing signs and symptoms of illness, such as cough/temperature/unwell. If your household is currently under advised quarantine due to contact with a **Covid 19** positive person, **please do not attend**. If you are unsure whether it is appropriate to attend please call the department at 01 4096013.

**Please adhere to your appointment time.** You are advised not to enter the hospital before (**early**) or after the time given (**late**). This is a rapid skin testing clinic, we expect appointments to be completed within 45-55 mins.

Due to the current restrictions, only one parent/legal guardian can attend with your child for the appointment. **Please, do not bring any siblings or other family members as they will not be allowed to enter the hospital.**

Social distancing is being practiced and we need to minimise the time we spend up close with you and your child. Staff will be wearing appropriate PPE as per hospital policy for any close contact. To help your child understand what to expect please discuss with them that they will have allergy testing performed on the arm. Useful links are: via you-Tube

**[Dr Ranj CBEEBIES Get Well Soon Allergy Videos](#)**

**[Skin Prick Test-John Hunter Children's Hospital](#)**- for older children.

**Also**, a child friendly PPE video from **[Edinburgh's Children's Hospital Charity](#)**, "Why do you wear your PPE?" also on YouTube

Please read the attached information on Skin Prick Testing

**Preparation is key so that you and your child's experience is optimised in these challenging times.**