

Preparing for your skin prick test

If we want to find out if you are allergic to something, most of the time we do a skin prick test.

Skin prick test is the medical name, but you might hear it called the bubble pop test.

- 1** First, the nurse will write some numbers on your arm.
- 2** Next, they will put some tiny bubbles next to each number. Then the bubbles will be popped using a lancet.
- 3** You will have to wait 20 minutes before the nurse calls you in to have a look at the popped bubbles. It may start to get itchy, but it is important not to scratch it.



Some children say that the lancet feels a bit like a tooth-pick when it touches the skin. The nurses do it quickly, so it is over in a few seconds.

What will you do to keep busy while you wait for the nurse?

- ★ If you have eczema, the nurse might do the test on your back so it is easier to see the popped bubble.