

**Skin Prick Test (SPT)** - is the preferred method for diagnosing fast type allergy. The investigation allows to clarify antigens that cause respiratory and allergic skin reactions

#### **Therapeutic indications**

- Year-round or seasonal rhinitis
- Eye inflammation (conjunctivitis)
- Hives (urticaria)
- Bronchial asthma
- Allergic inflammation of the skin
- Atopic skin inflammation
- Allergic reactions to insect bites
- Acute skin and/or mucous membrane swelling

#### **Contraindications**

- Acute period of allergies
- Acute period of a disease
- Fever
- Test region extensive skin disorder (inflammation of the skin, hives, skin rashes, skin diseases, skin injuries)
- History of anaphylactic shock to the test allergens
- Unstable asthma
- Pregnancy

#### **Preparation for the investigation**

- Before the investigation, it is suggested to interrupt the use of the following medicines if possible:
- Antihistaminic medicines - for at least 7 days
- Use of topical corticosteroids in the test region - at least 7 days
- Systemic corticosteroid therapy - at least 3 weeks
- Antidepressants - 7-14 days
- Beta blockers - 7-14 days
- In the morning of the day of the investigation do not use skincare in the test region
- Skin test results are not affected by the use of intranasal corticosteroid aerosols.

## Performing the investigation

The skin prick test uses manufactured pollen, dust mites, animal epithelium, mould spores and food allergen solutions. Food allergies can be investigated also with natural allergens (mostly fruits and vegetables, milk, eggs):

- The procedure is carried out while sitting. The patient is asked to put both hands on the table (the insides of the forearm upwards);
- Smaller children sit in the lap of their parents;
- The parent fixes the upper arm of the child; the investigator fixes the hand of the child from the wrist. This allows to keep the child's arm motionless;
- Placement of each allergen is marked on the skin;
- The positive and negative controls are always started first (to assess the responsiveness of the skin);
- Then the allergen drops are placed and each one is pierced with a lancet;
- Surplus fluid is removed with cotton wool or a napkin;
- Reaction to the positive control solution on the location of administration is already evident after a few minutes with a tingling or itching feeling and redness and/or weal of the skin.
- Result is checked after 10-15 minutes;
- A positive result is determined if the diameter of the weal is at least 3 mm.

## Possible side effects

Side effects occur very rarely during skin prick test. Patients with increased sensitivity may have more strongly pronounced allergic reactions, which usually occur within 20 minutes after the administration of the allergen.

- Allergic reactions on the site of the allergen administration (e.g. an enlarged weal);
- Itchy eyes, runny nose, cough, shortness of breath, hives, acute skin and/or mucous membrane swelling may occur rarely;
- Pallor, sweating, weakness, drowsiness, dizziness, malaise, abdominal pain, fainting may occur mostly in children and adolescents;
- In some cases, there may be a late reaction to the allergen at the site of administration with diffuse swelling, which usually starts 1-5 hours after the investigation and comes down within 24 hours;
- Very rarely an anaphylactic reaction can develop ;
- If any of the side effects gets worse, contact your doctor or seek emergency department.