NHS
Ashford and St. Peter's Hospitals
NHS Foundation Trust

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
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TW15 3AA
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Website: **www.ashfordstpeters.nhs.uk**

Patients first • Personal responsibility • Passion for excellence • Pride in our team

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Patient Information

Parking facilities

Please allow sufficient time to park, both hospitals have a pay on exit parking meter system in operation.

Contact Details

Children & Young People's Outpatients Appointments: 01932 722508

Open Monday – Friday, 9.00am to 4.30pm excluding bank holidays.

Allergy admin team:	**01932 723293**
Advice from the Dietitian:	**01932 723937**
Advice from the Nurse:	**01932 722780**

Further Information

We endeavor to provide an excellent service at all times but, should you have any concerns please raise these with the Matron, Senior Nurse or Manager on duty, in the first instance.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Training of health professionals

There may be nurses and doctors present at your child's appointment for the purposes of training. If you prefer not to have trainees present during the consultation then please let the receptionist know when you arrive in the department.

Just a few final things…

Please ensure that you bring another responsible adult with you to supervise your child if you wish to speak to the doctor alone.

If you need to cancel your appointment, please try and give **at least 24 hours' notice** if possible. We have a long waiting list for the Allergy Clinic and we may be able to allocate your appointment to someone else.

Allergy Clinic Appointments

Welcome to the Paediatric Allergy Clinic. We offer assessment, investigation and management of children with suspected allergy.

What to expect during Allergy Clinic:

- Your child will see a variety of specialists, including doctors, nurses and dietitians.
- There are a number of investigations that may be carried out.

  These include:

  - Skin prick testing – this helps us to work out what your child may be allergic to. It is usually performed during the appointment before seeing the doctor. A small drop of allergen is placed on the skin and pricked with a lancet (this is not a needle) causing a tiny amount of allergen to be introduced into the skin. After about 15 minutes this may produce a wheal. The size of the wheal is measured. One of the drops is histamine and it is expected that this will develop into an itchy wheal. Distracting your child during the skin prick testing and afterwards is helpful in order to prevent them from scratching.
  - Peak flow testing – this records how much air your child can blow out from their lungs. This test is usually only done if the child is over five years old. Results are measured according to your child's height.
  - Lung function testing (spirometry) – this test is similar to peak flow testing but gives more detailed results.

- You may be given advice regarding management of allergic diseases, such as how to use inhalers and nasal sprays correctly, and eczema management.
- If required, you may receive training about what to do if your child has an allergic reaction, including the correct use of antihistamines and adrenaline auto injectors.
- Advice may be given about how to avoid certain foods while still ensuring your child has a balanced diet.

Before the appointment:

- If your child is taking anti-histamine medicine (e.g. Piriton©, Zirtek© or Clarityn©) please stop it **five days** before the appointment if possible. Anti-histamine medication can interfere with skin prick testing. If it is necessary to give your child anti-histamines, please give as prescribed and let us know on the day. Please be aware that some cough and cold remedies contain anti-histamine.
- If your child uses cream for eczema, please do not apply cream on the day of the appointment as it may interfere with skin prick testing.
- Your child does not need to stop any other medication.

What to bring to the appointment:

- Please bring child's medicines with you to the clinic appointment.
- Skin prick test extracts are available in clinic for many allergens such as nuts, egg, milk, fish, pollens, animals. However, if you suspect an allergy to a particular food (e.g. a fruit or vegetable) then please bring a small quantity of this food with you to the appointment (up to a maximum of five food items).
- You may bring snacks and cold drinks for your child. Please be aware that other children attending the clinic maybe allergic to the snacks that you bring in. With this in mind, **please do not bring in nuts and, under no circumstances, offer snacks or drinks to other children.**
- Although there are some toys and books in the department to entertain children whilst they are waiting, it may be wise to bring additional play material to keep your child occupied.

How long will this appointment be?

The appointment could take up to two hours to allow time for allergy tests and training in the use of medications. Unfortunately, due to the difficulty involved in estimating the time taken to perform allergy tests, there may be some delay. Every effort will be made to keep this to a minimum. If you have other children to collect from school during the appointment, it would be helpful to arrange in advance for someone else to do this for you. This will reduce any concerns that you may have if you are delayed at the clinic.