

My Allergy Appointment at...



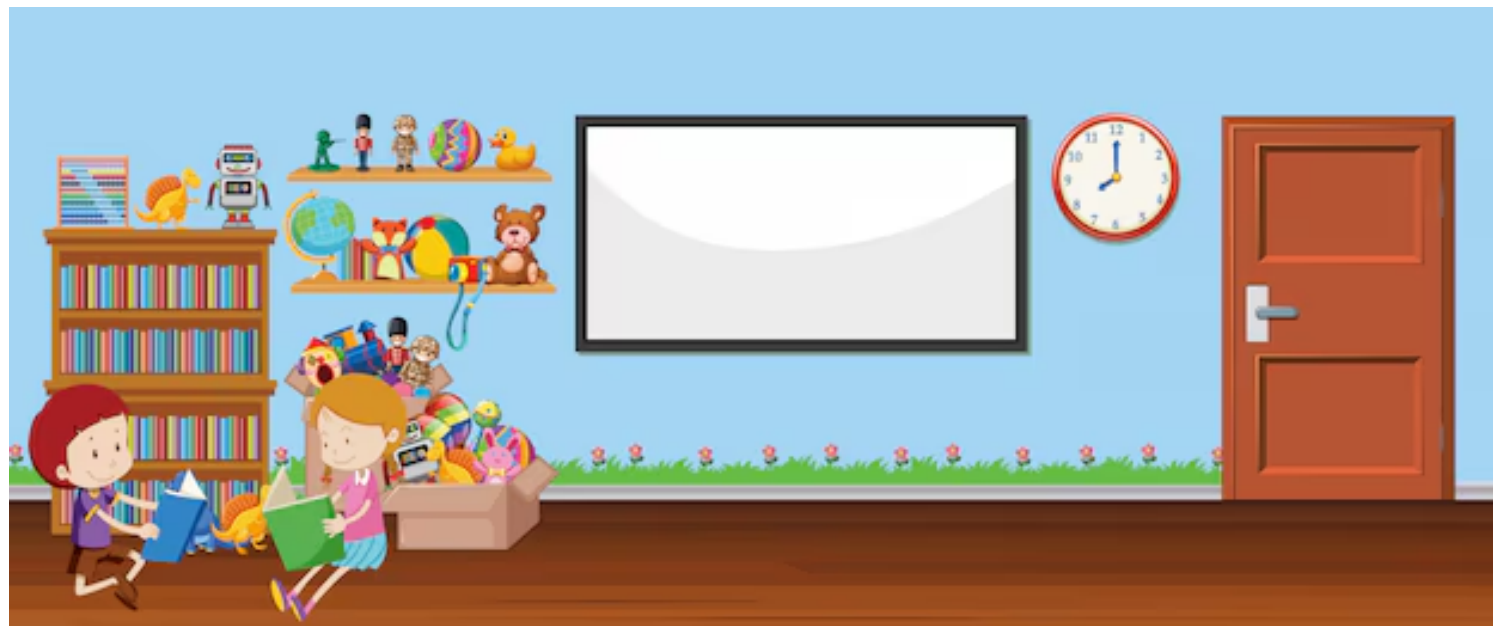
Far North Allergy

Comprehensive | Compassionate | Evidence Based



I have an allergy appointment!!!

I am going to the allergy clinic with my trusted grown up. We will meet an allergy doctor and they are going to help us learn more about my allergies.



The clinic is a friendly place.

When I get to the clinic my trusted grown up will check us in with the kind people at the front desk. I will wait in the waiting room until the doctor calls my name.



Different allergy symptoms

Sometimes different children have different allergy symptoms. Some children sneeze and have a runny nose, others get itchy rashes and some kids have to avoid certain foods because they make them really sick.



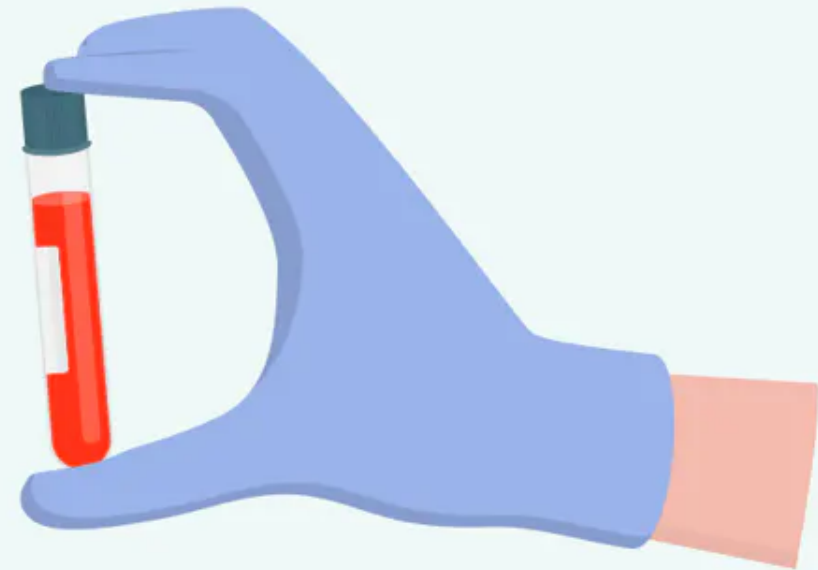
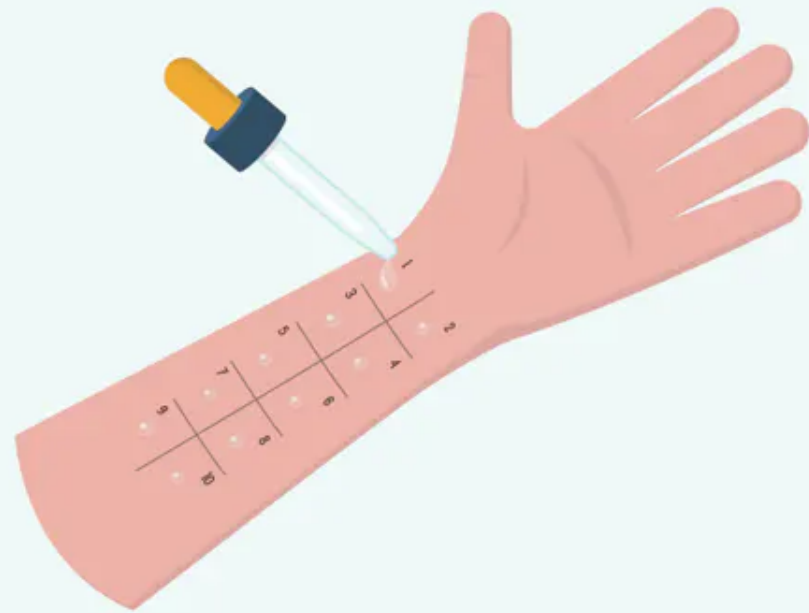
What symptoms do you get?

Think about your body... Do you sneeze, have itchy eyes, a runny nose or a rash? Do some foods make you feel sick in the tummy or make your skin itchy and swollen? It's ok to have these symptoms. Your allergy doctor is here to help.



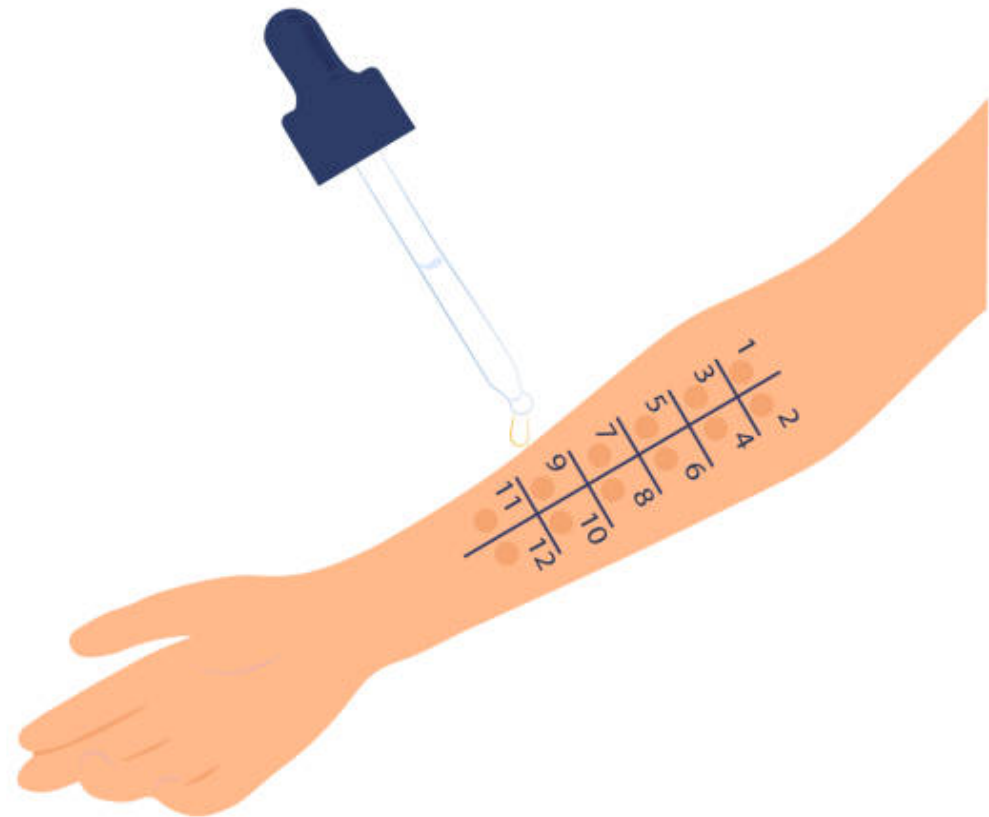
My allergy doctor will ask questions.

My allergy doctor will ask me about my symptoms. If I'm not sure of the answer my trusted grown up can help me by talking to the doctor too. I can tell the doctor what symptoms I have and we can talk about how I can feel better.



I might need allergy testing.

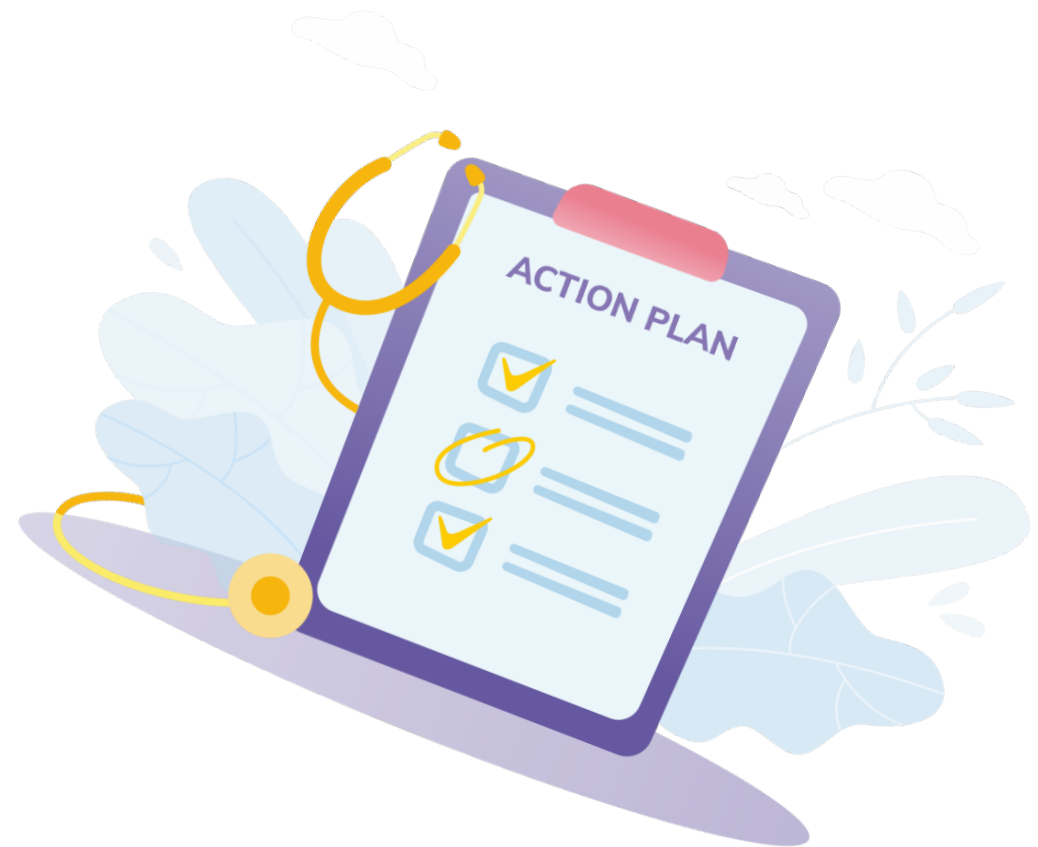
I might need to have special allergy testing to help understand my allergies. This might be a skin prick test or a blood test. Some children don't need any testing at all.



What is skin prick testing?

A skin prick test is a really cool test that helps tell the doctor what I am allergic to. The doctor will put little drops on the skin of my arm or back and then gently scratch my skin through the drop. If I am allergic I might get an itchy lump like a mozzie bite.

A skin prick test can feel a bit itchy and uncomfortable but it will settle down really quickly!



Making a plan.

At the end of the appointment my allergy doctor will explain what my allergies are and make a plan to help manage them. My grown ups might need to take paperwork to daycare or school or we might have homework to do at home before our next appointment.



Treating my allergies

Sometimes controlling my allergies will mean taking special medicines, nose sprays or putting creams on my skin. Sometimes I just need to avoid eating foods that make me feel sick.



After my appointment.

After my appointment I will feel very brave and proud of myself. It can be hard to go to the doctor but it is a really important part of taking care of myself.