Figure 1. **An Approach to Skin Prick Testing**



Choose a site – forearm or back

Draw some ball-point pen lines 2 cm apart

Start with a drop of the ‘negative control’ near to the first line

Place drops of allergens near to the other lines

End with the ‘positive control’

Using a SPT lancet prick the skin through each drop

Use a new lancet or wipe carefully between pricks

Blot up the drops with a tissue or towel

Instruct the patient not to scratch

Read at 15-20 minutes

A wheal 3 mm or greater than the negative control is positive for allergens

Apply an antihistamine cream if very itchy