

Thank you for reading this leaflet. You may know that when you were a baby we collected information about you for a study called the PIFA study. It was to help us understand why some children develop food allergies and others don't. If someone has a food allergy it means they have a bad reaction to a food when they eat it.

Now that you are at school we would like to ask some more questions, perform some health tests and take a blood sample. This will help us understand why some older children get allergies and asthma. Asthma is when someone has trouble breathing sometimes, often when they are running around. If you would like to help us, we will arrange for you to meet our study nurse who can ask the questions, perform the health checks and take the blood.

On the day that you are going to meet the study nurse, we ask you to try not to use your blue asthma inhaler (if you have one).

Also, for any of you that take an antihistamine medicine, we ask that you try not to use it in the three days before you meet with the study nurse.

If you have any questions please ask the study nurse, or your parents

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Healthy children, allergies and  
healthy lungs  
iFAAM Study

Child's Information  
Leaflet

## The Health Tests

### 1. Allergy test

Droplets of liquids are put on your arm, we then scratch your skin where the liquid is to see if a reaction happens. This can feel a little sharp but not painful. We then wipe away the liquid and wait 10-15 minutes. One of the pricks will always become a little lump which will be a little itchy and red. Some of the other pricks may become an itchy red bump too. The itchy red bumps stop itching and disappear quickly.



### 2. Blood sample

If you don't mind we'd like to collect a small amount of blood from your arm. We will use some special numbing cream first so it shouldn't be painful, just feel a little strange!



#### If you have asthma

If your own doctor has already said you have asthma we would like you to take two breathing tests for us. These tests will tell us *even more* about your breathing and your lungs.

### FeNO test

For this test we have a special machine that you blow into that measures a gas in your breath that comes from your lungs called *nitric oxide*. Measuring the amount of nitric oxide in your breath helps us to know how healthy your lungs are.



### Lung function test

To do this test you just take a deep breath and blow out hard as you can into a tube connected to a computer system. We then ask you to do it again after taking a small amount of asthma inhaler . This test tells us how well your lungs are working.