

ALLERGY SKIN TEST INSTRUCTIONS

Allergy skin testing is used to detect allergies to inhaled allergens (like pollen, animal dander, dust etc.), foods, certain insect stings and some medications. The test involves introducing very small amount of allergens into the skin and observing for positive reactions 15-20 minutes later. The procedure for skin testing is called scratch or prick testing. A scratch/prick device, with a drop of the allergen on it, is used to prick the skin on your back/arm/forearm. In case of inhaled allergens, if you test negative to particular allergens, a second procedure MAY be performed. The second procedure is called intra-dermal testing and involves injecting a tiny amount of the allergen into the superficial layer of the skin on your arms. Each procedure takes about 30 minutes to complete. The information obtained from allergy skin testing will provide guidance for avoidance of allergens. It may also be used to formulate allergy shot extracts for the treatment of hay fever, asthma and/or insect sting allergies.

Please review the following instructions to make your allergy testing visit as efficient as possible –

- 1) Wear comfortable clothing with a shirt/top that can be easily removed to perform the skin testing on the back.
- 2) The testing may take up to an hour and 15 minutes. Additional time will be needed to discuss test results.
- 3) Rarely, allergic reactions can occur from skin testing. These reactions may consist of generalized itching/hives/flushing, itchy eyes/nose/throat, runny nose, sneezing, post-nasal drip, nasal congestion, nausea, vomiting, throat swelling, shortness of breath, coughing, wheezing, rapid heart rate, dizziness, passing out and in extreme cases anaphylactic shock. Emergency treatment will be required in cases of allergic reactions.
- 4) We request that you do not bring small children with you during a skin testing visit, unless they are accompanied by another adult who can sit with them in the waiting area.
- 5) Certain medications can interfere with the skin testing. To ensure accuracy of the test, following medications will need to be discontinued for the specified amount of time prior to the scheduled testing. If you have concerns about the safety of discontinuing your medications, please contact us or the prescribing physician.

DISCONTINUE 10-14 DAYS PRIOR

Amitriptyline (Elavil)*	Clomipramine (Anafranil)*	Hydroxyzine (Vistaril, Atarax)	Protriptyline (Vivactil)*
Amoxapine*	Cyproheptadine (Periactin)	Imipramine (Tofranil)*	Thioridazine (Mellaril)*
Chlorpromazine (Thorazine)*	Desipramine (Norpramine)*	Nortriptyline (Pamelor)*	Trifluoperazine (Stelazine)*
Clemastine (Tavist)	Doxepin (Zonalon, Silenor)*	Promethazine (Phenergan)*	

*** Do not discontinue without first consulting with the prescribing physician**

DISCONTINUE 5-7 DAYS PRIOR

Azelastine (Astelin, Astepro, Optivar)	Dexchlorpheniramine	Ketotifen (Alaway, other eye drops)
Brompheniramine (Dimetapp, Bromfed)	Dimenhydrinate (Dramamine)	Levocetirizine (Xyzal)
Chlorpheniramine (Many prescription and OTC medications, for e.g., Chlor-Trimeton, Tussionex)	Diphenhydramine (Benadryl, Triaminic, Pediacare and many other OTC medications)	Meclizine (Antivert, Bonine, Verticalm and other OTC motion sickness medications)
Cetirizine (Zyrtec)	Doxylamine (Unisom & other sleep aids)	Loratadine (Claritin)
Carbinoxamine (Palgic, Arbinoxa)	Emedastine (Emadine)	Olopatadine (Patanase, Patanol, Pataday)
Cyclizine (Marezine)	Epinastine (Elestat)	Pheniramine (Visine-A, other eye drops)
Desloratadine (Clarinex)	Fexofenadine (Allegra)	OTC medications with anti-histamines

DISCONTINUE 24 HOURS PRIOR

Cimetidine (Tagamet)	Famotidine (Pepcid)	Ranitidine (Zantac)
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DO NOT DISCONTINUE Asthma inhalers (for e.g. Advair, Flovent, Symbicort etc.), steroid nasal sprays (for e.g. Flonase, Nasonex, Veramyst, etc.) and medications for other chronic medical conditions.