

Instructions for Allergy Skin Testing

Allergy skin testing is performed in order to assist your allergist in determining what may be causing symptoms of an allergic reaction. Extracts of common allergens are pricked or injected into the superficial layers of the skin. A positive reaction resembles a small mosquito bite and typically resolves within one hour. Positive and negative skin tests must be correlated with the patient's clinical history and physical findings to determine the test's relevance.

- Testing may take up to 2 hours.
- You may eat as usual prior to the test.
- The skin testing will be performed on your arms or back.
- You will be given a consent form to sign, which explains the risks and benefits of the test.
- You will have the opportunity to discuss questions and concerns prior to the test. After completion, test results will be reviewed with you.

Medications to be avoided 7-14 days prior	Medications to be avoided 5-7 days prior	Medications to be avoided 3-5 days prior	Medications to be avoided 1-2 days before testing	Over the counter cold and sleep medications to be avoided
Amitriptyline (Elavil) Clemastine (Tavist) Cyproheptadine (Periactin) Doxepin (Silenor, Sinequan) Doxepin topical Imipramine Nortriptyline (Pamelor)	Cetirizine (Zyrtec) Chlorpheniramine (Chlortrimeton) Desloratadine (Clarinex) Hydroxyzine (Atarax, Vistaril) Levocetirizine (Xyzal) Loratadine (Claritin, Alavert)	Azelastine nasal spray (Astelin) Brompheniramine (Dimetane, Dimetapp) Desipramine (Norpramin) Dimenhydrinate (Dramamine) Diphenhydramine (Benadryl) Fexofenadine (Allegra) Ketotifen tablets Meclizine (Bonine) Olopatadine nasal spray (Patanase) Pheniramine eye drop Promethazine (Phenergan)	Cimetidine (Tagamet) Famotidine (Pepcid) Ranitidine (Zantac)	Advil or Tylenol PM Advil Allergy or Multi-symptoms cold Alka-Selzer Plus Cold/flu Tylenol Cold/flu Unisom ZzzQuil/Nyquil

Please ask the doctor who prescribed these medications if it safe for you to stop.

Do not stop Beta-Blockers unless you check with your prescribing physician. Ask if you may hold your Beta-Blocker (Metoprolol, Atenolol) the day of your visit. You may take it after your appointment. All other medication, including asthma inhalers, Montelukast (Singulair), nasal steroid spray, and oral steroids, should be taken as prescribed.

If you have any additional questions prior to your visit, please call us at 561.409.2800.