

# PATIENT INSTRUCTIONS/INFORMATION FOR ALLERGY SKIN TESTING

(rev: Mar 2023)

Please read the following instructions prior to your skin test. Please make staff aware if you are using any of the medications listed below. The use of any of these medications can interfere with the accuracy of the test. Contact the clinic if you have any questions about any of your medications.

1. **No Antihistamines for 5 days prior to testing.** These include: prescription and OTC antihistamines; cold medicines, sinus tablets, hay fever medicines or oral treatments for itchy skin. Common antihistamine meds include: Actifed (triprolidine and pseudoephedrine), Allegra (fexofenadine), Atarax (hydroxyzine), Benadryl (diphenhydramine), Deconamine, Drixoral, Dimetapp, Dristan, Claritin (loratadine), Clarinex, Zyrtec (cetirizine), Periactin (cyproheptadine), Chlor Trimeton (chlorpheniramine), Zantac, Pepcid, Tagamet, and Xyzal

2. **Nasal Antihistamines: STOP 48 hours prior to Skin testing**

Include the following: Astelin, Astepro, Dymista

3. **Ocular allergy medications should be STOPPED 24-48 hours prior to testing:**

Include the following: Patanol, Pataday, Zaditor and Bepreve

*\*\*\*If you note problems when stopping your antihistamines (increased use of albuterol), then continue taking your antihistamines, please call to let your provider know.\*\*\**

4. Other Antihistamine-like meds should be **STOPPED UNDER PRESCRIBING PHYSICIAN'S SUPERVISION** at least 2 weeks prior include: OTC sleeping medicines (as Nytol, Tylenol **PM**), Elavil (amitriptyline), Trazadone, or other tri-cyclic antidepressant medications, Sinequan (doxepin), Tofranil (imipramine). Other non-allergy related meds that will interfere with skin testing are Saphris and mirtazipine (notify provider if taking these meds). **DO NOT STOP THESE MEDICINES WITHOUT CONSULTING THE PRESCRIBING PHYSICIAN.**

5. The following **should be continued. Do NOT stop taking them.** These include: Nasal sprays (Rhinocort, Vancenase, Flonase, Nasonex), inhalers (Albuterol, Intal, Serevent, Flovent, Axmanex, Pulmicort, Symbicort, Advair, Dulera), or other asthma meds (Theophylline or Singulair), blood pressure meds or any other medication not listed above.

**Skin testing** involves numerous skin pricks to the back and or forearms. Full access to your back may be needed. Although a gown is provided, it is highly recommended that women wear a thin strapped bra or even a swim suit that exposes most of your back. Please NO Sports Bra

## **IMPORTANT!!! YOUR PROCEDURE WILL BE CANCELLED**

### **DUE TO THE FOLLOWING REASONS:**

\*\* The testing procedure may take 1-2 hours, which is why it is important that you arrive on time.

Please check-in **15 MINUTES** early. **IF YOU ARE 5 MINUTES LATE THEN THE APPOINTMENT WILL BE CANCELLED.**

\*\* If presenting with asthma symptoms, then the test will not be done.

\*\* **PLEASE DO NOT BRING CHILDREN UNDER 5 YEARS OLD WITH YOU WHEN YOU HAVE YOUR SKIN TESTS DONE**, unless there is another adult accompanying you who can supervise the children in the waiting area. There is a **Child Waiting Center (757-953-6904)** available if you are unable to find another person to watch the child(ren). You **must call the center** to make arrangements. If your child is the person being tested, we request that siblings remain at home, or supervised as stated above. **IF YOU COME WITH UNACCOMPANIED CHILDREN UNDER 5 YEARS OF AGE, YOU WILL BE RESCHEDULED**

\*\* If you are **SICK/ILL or unable to keep your appointment**, you must reschedule. Call the clinic at 757-953-2194/2195.