

## 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 back by a medical assistant.
- 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 with your provider. Your provider will review your test results with you after the test has been completed.

Medications to be avoided 5-7 days prior	Medications to be avoided 4-5 days prior	Medications to be avoided 3 days prior	OTC allergy, cold, and sleep medications to be avoided	Other medications to avoid prior to testing
Loratadine (Claritin, Alavert, OTC generics) Fexofenadine (Allegra) Cetirizine (Zyrtec and OTC generics) Desloratadine (Clarinex) Levocetirizine (Xyzal) Chlorpheniramine (Chlor-Trimeton, Atrohist, Deconamine, Rondec, Rynatan) Hydroxyzine (Atarax, Vistaril)	Azelastine nasal spray (Astelin) Olopatadine nasal spray (Patanase) Acrivastine (Semprex-D)	Azatadine (Trinalin) Brompheniramine (Dimetane) Carbinoxamine (Palgic) Clemastine (Tavist) Cyproheptadine (Periactin) Dexchlorpheniramine (Polaramine) Dimenhydrinate (Dramamine) Diphenhydramine (Benadryl) Doxylamine Ketotifen tablets Meclizine (Bonine) Phenindamine (Nolahist) Pheniramine Promethazine (Phenergan) Tripeleannamine (PBZ) Triprolidine (Triafed)	Advil PM Advil Allergy or Multi-symptom cold Alka-Seltzer Plus Cold/Flu Allrest Comtrex	Tricyclic antidepressants Elavil (amitriptyline) Sinequan (doxepin) Norpramin (desipramine) Tofranil (imipramine) Anafranil (clomipramine) Pamelor (nortriptyline) H2 inhibitors Pepcid (famotidine) Tagamet (cimetidine) Zantac (ranitidine)

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

**If you are on Beta-blockers or MAO inhibitors, please check with your allergist if you should stop taking them prior to testing. Your primary care provider and allergist may need to consult prior to testing.**

**All other medication (including asthma inhalers, Singulair, and steroids) should be taken as prescribed**

*If you have any additional questions prior to your visit, please call us at 210-494-0690.*