

## Allergy skin testing Instructions for Patients

Your skin testing appointment will be scheduled for 2 hours. A nurse will prick drops of various allergens onto the skin. Positive reactions consist of red swollen and itchy spots which develop within 15 minutes and may last several hours or sometimes longer. Skin testing may also include "intradermal" skin tests in which a small amount of allergen is injected into the topmost layer of the skin. Positive reactions are the same as for prick testing. You will need to discontinue certain allergy medications prior to your skin test appointment, as they may interfere with testing.

**Don't discontinue these oral medications and nasal sprays:** *Flonase, fluticasone, Nasonex, Rhinocort, Nasacort AQ, flunisolide, Omnaris, Singulair, Accolate, prednisone.*

**Asthma inhalers should not be discontinued prior to your appointment.**

### **Do discontinue these medications 48 hours prior to your skin test appointment:**

*Benadryl, diphenhydramine, chlorpheniramine, Chlor-Trimeton, fexofenadine, Allegra, and Allegra-D.*

Many medicines sold over-the-counter for colds, allergies, sinus problems, and as sleep aids, contain the drugs listed above as ingredients, and must be discontinued at least 48 hours prior to the appointment.

### **These medications must be discontinued 72 hours prior to your skin test appointment.**

*Semprex-D, acrivastine, Astelin and Astepro nasal sprays, Patenase nasal spray.*

### **These medications must be discontinued at least 7 days prior to your skin test appointment:**

*Claritin, Claritin-D, Clarinex, Clarinex D., loratadine, desloratadine, Alavert, Alavert D., Zyrtec, Zyrtec-D, cetirizine, Xyzal, Xyzal-D, levocetirizine, Atarax, hydroxyzine, and Vistaril.* Store brands sold under various brand names, may contain these ingredients, and must also be discontinued 7 days prior to allergy skin testing.

**Certain Antidepressants** must be discontinued **several weeks** prior to the test visit.

**Please call our office at least 7 days prior to your scheduled skin test appointment if, after reviewing the list below, you still have questions about any medication that you are taking or may be taking between now and your skin test appointment.**

Allergy testing may need to be postponed if:

- You don't discontinue these medications
- If you are having uncontrolled symptoms of asthma
- You come down with a respiratory infection with fever.

Also:

- Reactions to testing are quite rare. You may drive yourself home after the test.
- Because of space limitations, and as a courtesy to our staff, only one or two adult visitors are permitted to remain with the person being skin tested.
- Children under age 18 should be accompanied by one or both parents.
- As a courtesy to our staff, please do not bring siblings or friends to your child's skin test appointment. Please advise us at least 24 hours in advance if you must postpone your skin test.

Thank you. *Westside Allergy Care*