

## Allergy Skin Testing Patient Instructions

Skin testing to airborne allergens found in this region will be performed by placing a small prick in the skin of the back or the arm through a drop of fluid contain a small amount of each pollen, mite, mold, animal dander, etc... This usually involves about 50 items and depending on the results of the scratch prick test, a number of small injections under the skin of the arm may be done. These are called intradermal tests and are used to confirm any negative scratch tests. If you have positive reactions, you may have swelling and itching at the testing site. These usually require no treatment and will gradually disappear over the next few days. Rarely, skin testing can produce a more severe allergic reaction including shortness of breath, wheezing, throat closure, low blood pressure and very rarely a life-threatening allergic reaction. For this reason, our staff is trained and our office equipped to manage this type of reaction if it occurs. This sever reaction is seen in less than 1 in every 500,000 allergy encounters in the U.S., but your safety is our concern. Children being tested sometimes do better if you bring a DVD, book or another activity.

1. Antihistamines must be discontinued prior to testing or test results will be invalid. Adults should be off for 5 days prior to testing. Children or those taking Clarinex or Xyzal must be off for 7 days prior to testing. These include but are not limited to:
  - a. Allegra (fexofenadine)
  - b. Claritin (loratadine)
  - c. Clarinex (desloratadine)
  - d. Zyrtec (cetirizine)
  - e. Xyzal (levocetirizine)
  - f. Tavist, AlleRx (blue)
  - g. Benadryl
  - h. Chlor-Trimeton
  - i. Dimetapp
  - j. Palgic
  - k. Atarax/Vistaril
  - l. Semprex
  - m. Astelin/Astepro
  - n. Patanase

Many over the counter (OTC) drugs for colds and sleeping aids (Actifed, Tylenol cold, Advil cold, etc...) contain antihistamine. If you are unsure, call 817-421-0770 or ask your pharmacist!

2. Antihistamine eye drops should be stopped 1 day prior to testing:
  - a. Patanol,
  - b. Pataday,
  - c. Zaditor,

- d. Livostin,
  - e. Elestat,
  - f. Optivar
3. Some other prescription and OTC drugs for depression, bipolar disease, heart burn and other stomach problems, can affect skin testing results and must be stopped 3-4 days before testing. These include but are not limited to:
- a. Tagamet,
  - b. Zantec (ranitidine),
  - c. Axid,
  - d. Pepcid,
  - e. Elavil (amitriptylline),
  - f. Atarax (hydroxyzine),
  - g. Sinequan (doxepine),
  - h. Tofranil (imipramine),
  - i. Remeron (mirtazapine),
  - j. Reisperdal (reispiradone),
  - k. Phenergan (promethazine),
  - l. Pamelor (nortriptylline),
  - m. Thorazine (chlorpromazine),
  - n. Compazine (prochlorperazine maleate)

If you are taking any medication which was not mentioned, please check with the nurse for instructions regarding your specific medications. Do not stop any medication that has been ordered for another medical problem without first checking to be sure you can be without it for a period of time.

- 4. Beta blockers such as: Inderal (propranolol), Tenormin (atenolol), Coreg (carvedilol), to name a few, which can be used for high blood pressure, heart problems, migraine headaches, and glaucoma, may make allergy testing unsafe. Please notify your physician if you are taking any of these medications prior to your allergy test.
- 5. Inhalers, asthma medications, nasal steroid sprays, steroids and decongestants should be continued even on the day of testing.
- 6. You will not be able to attend to small children during the test as you must lie still for 20-30 minutes at a time.
- 7. Testing usually required 1-2 hours depending on how many tests you require. The doctor will review the results with you after the test.

8. If you are pregnant or may be pregnant, please advise the nurse prior to your allergy test.

Payment for your allergy test will be expected at the time of service. Please call the office if you have any questions or concerns or to verify the amount due.

Appointment Date \_\_\_\_\_ Time: \_\_\_\_\_ Doctor: \_\_\_\_\_