

TEXAS REGIONAL ASTHMA AND ALLERGY CENTER, L.L.P.

Board Certified specialists in allergy, asthma, immunology, and respiratory disorders

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ALLERGY SKIN TESTING INSTRUCTIONS

Please follow these instructions for your allergy skin testing appointment. The test appointment includes reviewing the results with you and explaining your treatment options based on the testing results. These options may include avoidance of allergens, medication choices, and/or some form of desensitization.

- Expect your appointment to last approximately 1 ½ to 2 hours. You will leave with the results of your test and recommendations for further treatment options.
- The first part of this testing will be done on your back so you will have to lie on your stomach with a gown on. In some patients, a second part of the testing will follow and be done on the side of your upper arm. You can read or use your phone while your test is on your skin.
- Wear a shirt that won't be damaged by Benadryl cream, which we may use on your back after the test.
- Our office will verify your insurance benefits in most cases. Our staff will contact you before the test to give you an estimated cost and coverage if you are required to pay more than your co-payment. Unfortunately, there is no guarantee that the insurance company will pay their estimate depending on deductibles and coverage; in the end, the patient will be responsible for any amounts not covered by your insurance company.
- Examples of medications that need to be stopped 5-7 days prior to your test include: Claritin (Loratadine), Clarinex (Desloratadine), Zyrtec (Ceterizine), Allegra (Fexofenadine), Palgic (Carbinoxamine), Benadryl (Diphenhydramine), Chlorpheniramine, allergy eye drops, Patanase nasal spray, Astelin/Astepro (Azelastine), Dymista nasal spray, and Xyzal (Levoceterizine).
- Beta-Blocker medications cannot be taken before skin testing.
- Some stomach acid blockers must be stopped as well including: Zantac (Ranitidine), Tagamet (Cimetidine), Pepcid (Famotidine), and Acid.
- Do NOT stop your asthma inhalers or Singulair. If you use a rescue inhaler, such as ProAir, Proventil, Ventolin, or Xopenex, please bring it with you.
- **You must have antihistamines out of your system for 5-7 days. Do not stop your other medications.**
- Unless recommended by your physician, there will be no restriction of activities after your test.

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. There will be a \$100 charge for no-show appointments and/or those cancelled with less than 24 hours' notice.

Appointment Date: _____ Time: _____ Doctor: _____