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Adult/Pediatric Allergy & Immunology

Skin Testing Instructions

Allergy skin testing provides a fast, safe and reliable means for identifying allergic sensitivities to inhalant allergens (e.g., pollens, molds, dust mites and animal dander's) and is also used sometimes to diagnose allergic sensitivities to insect stings, antibiotics and foods. The information obtained from allergy testing provides guidance for avoidance of allergens; the most important and first step in the treatment of any allergic disorder. Test results may also be used to formulate allergy shot extracts. In order to make your allergy testing appointment as productive as possible, we ask that you review the following instructions prior to your appointment:

1. Although the testing itself may be completed in one hour or less, additional time may be needed to discuss results, allergy avoidance measures and treatment options.
2. Wear a shirt or blouse, which can be removed easily. Prick skin testing is performed using a bifurcated needle applied to the top of the skin on the back or arm.
3. The medications listed below will interfere with allergy skin testing and should be discontinued in the time specified. If you have a medical condition or severe allergic symptoms which might worsen without medications, please consult us prior to stopping these medications. If you have forgotten to stop these medications by the specified time, please consult one of our nurses to determine whether or not you need to reschedule your allergy testing appointment.

ALL OTHER MEDICATIONS NOT LISTED BELOW WILL NOT INTERFERE WITH SKIN TESTING AND SHOULD BE CONTINUED AS PRESCRIBED.

DISCONTINUE 5 DAYS PRIOR TO SKIN TESTING:

AHCheW, Aerokid, Extendryl, Rynatan (chlorpheniramine), Benadryl (diphenhydramine), Bromfed (brompheniramine), Phenergan (promethazine), Compazine (prochlorperazine), Dramamine (dimenhydrinate), All OTC cold/allergy meds (ex: Actifed, Dimetapp, Triaminic), Astelin nasal spray, Dymista nasal spray (all other nasal sprays are OK to continue)

DISCONTINUE 7 DAYS PRIOR TO SKIN TESTING:

Claritin (loratadine), Clarinex, Allegra, Zyrtec, Xyzal, Atarax (hydroxyzine), Periactin (cyproheptadine), Doxepin (Sinequan and Adapin)

HOLD THE MORNING OF SKIN TESTING:

Zantac, Tagamet, Pepcid, Axid (may take antacids for symptomatic relief)

NOTE: THE FOLLOWING MEDICATIONS SHOULD BE HELD FOR 10 DAYS PRIOR TO ALLERGY TESTING, BUT YOU MUST FIRST CONSULT WITH THE PRESCRIBING PHYSICIAN TO DETERMINE IF IT IS SAFE TO DISCONTINUE THESE MEDICATIONS:

amitryptiline (Elavil), nortryptiline (Pamelor, Aventyl), imipramine (Tofranil), chlorpromazine (Thorazine), thioridazine (Mellaril), thiothixene (Navane), trifluoperazine (Stelazine)

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