

### Important Information for your Allergy Skin Test Appointment:

- It is very important to be on time for your skin test appointment. If you arrive late, we may be unable to test you due to time constraints.
- Allow 2-3 hours for skin testing. You will discuss the results with your doctor after the skin test.
- Wear comfortable clothing. You will be asked to take your top off, so do not wear a one-piece outfit.
- Skin testing is a simple series of tiny scratches made on your back with an instrument that has small toothpick-like prongs each containing trace amounts of a single allergen. Your doctor determines the number of tests done according to the history you have given. Skin testing is not painful but can be somewhat uncomfortable. Some describe the prick test sensation as being “like a cat walking over the back.”
- After skin prick testing some patients may also receive intradermal testing. With intradermal tests, a small amount of the allergen is injected under the skin of the arm to see if it causes a reaction. This test feels like pinches.
- Swelling or redness at the skin test sites, which may appear several hours after your testing, are called "delayed reactions" and do not have any significance. Any itching associated with these reactions can be managed with steroid creams and antihistamines. This may persist for several days.
- **It is important to stay off antihistamines for seven (7) days prior to testing. Antihistamines will block the skin test reaction.** (See detailed list of medications included in New Patient Packet and on our website.)
- It is recommended you eat prior to skin testing.

**Important Information about Allergy Skin Testing:**

Patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines as they will affect the results of your test. **This includes both over-the-counter as well as prescription medications.** Do not discontinue antidepressants/psychotropic medications or any other medications without consulting with your prescribing physician. Call your pharmacy or prescribing physician if you are unsure about the names of your medications. **Asthma medications do not affect skin testing. Do not stop your asthma medications.**

**The following is a list of medications that must be STOPPED SEVEN (7) DAYS before skin testing:**

Actifed	Clarinet	Loratadine	Seroquel
Adapin	Claritin	Ludiomil	Sinequan
Advil Allergy	Clemastine	Levocetirizine	Singlet
Advil PM	Clomipramine	Marezine	Sominex
Alavert	Cogentin	Meclizine	Sudafed Cold & Allergy
Allegra	Comtrex	Norpramin	Surmontil
Allerhist	Contact	Nortriptyline	Tacaryl
Allertan	Coricidin	Nyquil	Tandur
Amitriptyline	Cyproheptadine	Pamelor	Tavist
Anafranil	Desipramine	Pediacare	Temaril
Antivert	Dimetapp	Pediatan	Theraflu
Asendin	Diphenhydramine	Periactin	Tofranil
Ataraz	Doxepin	Phenergan	Triaminic
Atrohist	Dramamine	Polyhistine	Triavil
Aventyl	Drixoral	Promethazine	Trimipramine
BC Cold	Durahist	Protriptyline	Trinalin
Benadryl	Duratan	Pyribenzamine	Tylenol Allergy
Bentyl	Dytan	Remeron	Tylenol Cold
Benzotropin	Elavil	Resperidone	Tylenol PM
Biohist	Etrafon	Risperdal	Unisom
Bonine	Excedrin PM	Robitussin Cough, Cold & Allergy	Vicks
Brompheniramine	Fexofenadine	Rynatan	Vivactil
Carbinoxamine	Hydroxyzine	Ryneze	Xyzal
Cetirizine	Imipramine	Semprex	Zonolon
Chlortrimeton	Limbitrolr		Zyrtec

**Note: This list includes the most common antihistamines; however there may be some not listed here. Any over-the-counter medications with the word “Allergy”, most over-the-counter cough and cold medications, and over-the-counter sleep medications may affect testing and should be stopped prior to your appointment. If you have any questions, please call us at 770.953.3331.**

**The following medications must be STOPPED TWO (2) DAYS before skin testing:**

**GI MEDICATIONS** (for reflux and indigestion)

Axid	Famotidine	Pepcid	Tagamet
Cimetidine	Nizatidine	Ranitidine	Zantac

**ANTIHISTAMINE NASAL SPRAYS**

Azelastine	Astepro	Dymista
Astelin	Patanase	