

INSTRUCTIONS FOR ALLERGY SKIN TESTING

Skin testing is a procedure that helps identify substances (allergens) that cause an allergic reaction. Drops of allergy extracts are applied to the skin of your forearm or upper back with a sterile, disposable plastic device that pricks the outer surface of your skin. You will be asked to wait approximately 15 minutes so that reactions to the skin test can be evaluated. There is a remote possibility that you may experience congestion, sneezing, coughing, or itchy eyes during or after the testing. If you experience these symptoms, we will observe you for an additional period of time. Skin testing takes approximately 1 hour.

Preparation for Skin Testing

- All medications for asthma, including inhalers, should be taken unless otherwise directed by physician.
- Children must be accompanied by an adult.
- Please have something to eat before testing.
- Please avoid sunburn prior to skin testing.
- Certain medications interfere with an accurate skin test and should not be taken before testing.
- You may resume all medications following skin testing.
- Medications to avoid include prescription and over-the-counter antihistamines and antihistamine containing medications.

Please follow the recommended guidelines:

Do not take for at least 7 days prior to appointment:

- Allegra (Fexofenadine)
- Claritin /Alavert (Loratadine)
- Zyrtec (cetirizine)
- Clarinex (desloratadine)
- Xyzal
- Cortisone Cream to arms or back
- Allergy eye drops: Pataday, Zaditor, etc.



Antihistamines that should not be taken for at least 3 days before appointment:

- Benadryl (diphenhydramine)
- Atarax/Vistaril/hydroxyzine
- Azelastine HCL/Astelin/Astepro
- Olopataine/Patanese
- OTC cold medications (see below for list)

Over-the-counter allergy, cold, cough, pain relief, nasal sprays, sleep aids or motion sickness products may contain antihistamines. Doses of vitamin C (ascorbic acid) greater than 500mg per day may also interfere with skin testing.

Common generic antihistamines: acrivistine, azatadine, azelastine, brompheniramine, chlorpheniramine, clemastine, cyproheptadine, dexbrompheniramine, diphenhydramine, fexofenedine, loratadine, meclizine, pheniramine, promethazine, pyrilamine, triprolidine

A partial listing of brand name antihistamines or antihistamine-containing compounds that should be avoided:

4-Way®	Drixoral®	Periactin®	Tacaryl®
Actidil®	Efidac 24®	Phenergan®	Tavist®
Ah Chew®	Emadine®	Poly-histine®	Temaril®
Albalon-A®	Excedrin PM®	Robitussin Night Relief®	Triaminic®
Alka Seltzer Plus Cold®	Extendryl®	Rondec®	Trinalin®
Allerest®	Extra Strength Doan's	R-Tanna®	Tussafed®
Antivert®	Fedahist®	Ryna®	Tussionex®
Astelin® nasal spray	Histadyl®	Rynatan®	Tylenol Cold®
Atrohist® PM®	Histalet®	Semprex-D®	Tylenol PM®
Benadryl®	Histaplex®	Sinarest®	Tylenol Sinus®
Bonine®	Histatab®	Sine-Off®	UltraBrom PD®
Bromfed-PD®	Hista-vent®	Sino-eze II®	Unisom®
Bufferin A.F. Nite Time®	Hycomine Compound®	Sino-tussin®	Vasocon - A®
Chlor-trimeton®	Isoclor®	Sinumed®	



Allergy West

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Comhist®	Kronofed®	Sinu-prep®	Vicks NyQuil®
Comtrex®	Livostin®	Sinuson®	Vitamin C (>500mg/day)
Contac®	Novadyne®	Sinutab®	
Coricidin®	Novafed A®	Sleep-Eze®	
Deconamine®	Novahistine®	Sleepinal®	
Dimetapp®	Nytol®	Sominex®	
Dramamine®	Patanol®	Sudafed Cold & Allergy®	
Dristan®	PediaCare®	Sudafed Plus®	

Do not take for 24 hours prior to skin appointment:

- Amitriptyline/Elavil
- Desipramine/Norpramin
- Imipramine/Tofranil
- Nortriptyline/Pamelor
- Trazadone/Desyrl
- **The following medications should not be stopped without instructions from the prescribing physician.**

DO NOT STOP ANY ASTHMA MEDICATIONS

CONTINUE ALL INHALED MEDICATIONS, INTRANASAL CORTICOSTEROIDS, AND SINGULAIR

Pediatric and Adult Allergy, Asthma and Immunology Services

