ALLERGY TESTING: Your doctor has recommended skin testing for airborne or inhalant allergens for you. The test may include testing for plant pollens, animal danders, molds, yeast and dust mites. The purpose of allergy testing is to determine what you’re allergic to so that the best treatment course can be chosen.

What to expect during the allergy test:
1. **Consent Form:** Prior to the skin test, you will be asked to fill out a consent form, giving your permission for the test to be performed. Please feel free to ask any questions about the allergy test at any time during your appointment. Note the medications that you’ll need to stop taking before your allergy test appointment.*

2. **Allergy Test:** On the day of testing, skin-prick-test devices that test 8 allergens at once will be pressed against the skin of your forearms or back. The test devices cause only mild discomfort and are not painful. It feels like pressing the bristles of a hairbrush against your skin with mild to moderate pressure. After the test devices are pressed against your skin, they are discarded. Little puddles of allergy serum are left to sit on your skin for 10-15 minutes. If your skin reacts to any of the allergens tested, you may feel some itching at the test site. If your skin is very itchy after the test, we can put on some strong anti-itch cream to reduce discomfort. Sometimes, your doctor will recommend intradermal testing for molds and yeast if your doctor suspects that you have an allergy to them and they don’t react on the skin prick test. This involves using a small-gauge needle to inject a very small about of the allergens under the skin.

3. **Results:** After the skin test, you will meet with your doctor for a short visit to discuss the test results. The skin test tells your doctor what you’re allergic to and how strongly your skin reacted.

4. **Allergy Treatment:** Your doctor will also discuss a treatment plan to help you find both short-term and long-term allergy relief.

**Before the Allergy Test:**
What do I need to do to prepare for allergy testing? Please read the instructions below to prepare for your allergy-testing visit with us.

*Medsication Avoidance:
Some medications interfere with skin testing for allergies. The following is a list of medications and supplements that should be avoided. See the list of drugs below that interfere with allergy testing. Check with your prescribing physician before stopping any medications. Please review the list of medications below completely and notify your doctor right away if you’re taking any of these medications.

**Long-Acting Antihistamines:** Avoid these medications for 7 days prior to skin allergy testing:

<table>
<thead>
<tr>
<th>Generic name</th>
<th>Trade name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allegra or Allegra D</td>
<td>Fexofenadine</td>
</tr>
</tbody>
</table>
Clarithin or Claritin D | Loratidine
---|---
Zyrtec or Zyrtec D | Cetirizine (continued on next page...)

**MAO Inhibitors:** Must be off for 5 days prior to testing. Please check with your prescribing doctor prior to discontinuing medications.
- Matulane (Procarbazine) | Eutonyl (Pargyline)
- Nardil (Phenelzine) | Eutron (Pargyline & Methylcloothiazine)
- Parnate (Tranylcypromine) | Flroxone (Furzaolidone)

**Other Antihistamines, Nasal Steroids & Inhaled Steroids & Decongestants:** Must be off 3 days prior to testing. This list is not all-inclusive. Please call if you have any questions on medications.
- Actifed | Nasonex
- Advil Cold/Sinus | Deconamine
- Benadryl | Periactin
- Chlorpheniramine | Nisaval
- Chor-Trimeton | Nasea
- Clistin-Glisten | Poly-histine
- Comhist | Nolamine
- Singular | Robistussin CF
- Accolate | Flovent
- Aldecon | Robitussin CF
- Actifed | Nasonex
- Advil Cold/Sinus | Deconamine
- Benadryl | Periactin
- Chlorpheniramine | Nisaval
- Chor-Trimeton | Nasea
- Clistin-Glisten | Poly-histine
- Comhist | Nolamine
- Singular | Robistussin CF
- Accolate | Flovent
- Aldecon | Robitussin CF

**H2 Antagonists:** Anti-nausea and Reflux medications. Should be off 7 days prior to testing.
- Meclizine | Tagamet (Cimetidine)
- Phenergan | Zantac (Ranitidine)
- Compazine | Pepcid, Axid (Famotidine)

**Beta Blockers:** must be off 5 days prior to testing.
You should not be skin tested for allergies if you are on one of these or any other beta-blocking medications for heart conditions, headaches or glaucoma. You will need to contact your prescribing physician to discuss changing or temporarily stopping the beta-blocker in order to safely undergo skin allergy testing.
- Betapace (Sotalol) | Normodyne (Labetolol HCL)
- Blocarden (Timolol Maleate) | Normozide (Labetolol & HCTZ)
- Brevibloc (Esmolol HCL) | Sectral (Acebutolol HCL)
- Cartrol (Carteolol HCL) | Tenoretic (Atenolol & Chlorthalidone)
- Corgard (Nadolol) | Tenormin (Atenolol)
- Corzide (Nadolol & HCTZ) | Timolide (Timolol & HCTZ)
- Inderal (Propraoalol) | Toprol XL (Metaprolol Succinate)
- Inderid (Propranolol & HCTZ) | Trandate (Labetolol HCL)
Kerlone (Betaxolol HCL)  Visken (Pindolol)
Levatol (Penbutolol Sulfate)  Zebeta (Bisoprolol)
Lopressor (Metoprolol Tartrate)  Ziac (Bisoprolol & HCTZ)

Tricyclic Antidepressants: should be off 3-6 weeks prior to skin testing and then may continue after testing. Please consult with your prescribing doctor before stopping anti-depressant medications.

Adapin (Doxepin HCL)  Meravil (Amitriptyline)
Apo-Trimip (Trimipramine Maleate)  Pamelor (Nortriptyline HCL)
Asendin (Amoxapine)  Rolavil (Amitriptyline)
Aventyl (Nortriptyline HCL)  Sinequan (Doxepin HCL)
Elavil (Amitriptyline)  Surmontil (Trimipramine Maleate)
Endep (Amitriptyline)  Trofanil PM (Impramine HCL & Pamoate)
Emtripl (Amitriptyline)  Trazodone (Desyrel)
Endilil (Amitriptyline)  Triadapin (Doxepin HCL)
Etrafon (Combination Drug)  Trialic (Combination Drug)
Impril (Imipramine HCL)  Tripamine (Imipramine HCL)
Levate (Amitriptyline)  Triptil (Protriptyline HCL)
Limbitrol (Combination Drug)  Vivactil (Pritroptyline HCL)

Anti-inflammatory Drugs: Must be off 5 days prior to skin testing.
Advil  Flexeril
Aleve  Ibuprofen
Celebrex  Motrin
Excedrin  Aspirin
Indocin  Naproxen
Prednisone

Supplements and Homeopathic Remedies: Must be off 3 days prior to skin testing.
Green Tea  Herbal teas
Dietary supplements  Vitamins
Herbal pills  Fish oil
Flax seed  Any other antioxidant supplement
Any “anti-allergy” remedy

Immunosuppressants
Notify our office if you are taking any immunosuppressant medication. Examples include, but are not limited to the following medications:

- Imuran (Azathioprine)
- Methotrexate (Purinethol)
After the Test
Please apply hydrocortisone cream, Benadryl cream or other steroid cream to the test sites for 1-2 days if any itching persists.

Please contact our office with any questions: 720-401-2139.