

### SKIN TESTING

On your next visit, you will be skin tested. Initially, this will be done by gentle “prick testing”. This is a type of scratch testing that does not require the use of needles and results in little or no discomfort. Generally, for most patients, this is completed in two visits. This technique requires a 20 minute wait after placement of the test material. At the end of that time, the doctor will check your arm to look for hive-like bumps that indicate an allergy.

Skin testing requires the following preparation:

**DO NOT TAKE ANY ANTIHISTAMINES FOR 72 HOURS PRIOR TO TESTING UNLESS INSTRUCTED TO WITHHOLD FOR A LONGER DURATION OF TIME**

Examples of antihistamines are: Actifed, Advil cold and Sinus, Allegra, Astelin, Astepro, Atarax, Azelastine Nasal Spray, Benadryl, Benylin, Chlorpheniramine, Chlortrimeton, Claritin, Contact, Diphenhydramine, Dimetapp, Dramamine, Extendryl, Fexofenadine, Hycomine Compound, Hydroxyzine, Levocetirizine, Loratadine, Meclizine, Midol Complete, Olopatadine Nasal Spray, Palgic, Patanase, Phenergan, Semprex, Sominex, Tavist, Tussionex, Tylenol (Allergy, Cold, Flu, PM, Simply Sleep), Unisom, Vistaril, Xyzal and Zyrtec. Many over-the-counter medications, especially sleep medications, have antihistamines in them. Any medication that says PM has an antihistamine in it. Please read labels and if you have questions, please call the office.

**DO NOT stop taking asthma medications including:** Singulair, theophylline, inhalers and all other medications that you normally take on a regular basis EXCEPT antihistamines such as those listed above.

You may use corticosteroid nasal sprays. You may NOT use Astelin, Astepro, Azelastine, Dymista, Olopatadine or Patanase.

**Please note:** You may not be skin tested if you take Beta blocker type medications. Examples include Metoprolol, Inderal, Coreg, Metoprolol, Toprol, Lopressor, Tenormin and Atenolol. (Please ask if you have any questions.)

**PLEASE EAT BEFORE TESTING.** Do not skip any meals; eat PROTEIN (at least 20 grams) within one hour of your appointment time. Examples of protein include chicken, cheese, beans, beef, eggs, fish, pork, turkey, soy, and yogurt. Protein shakes ARE acceptable. Protein bars are NOT. Drink at least 8 oz of water within a half hour of testing.

Please DO NOT use lotions or creams on your arms or back the day of testing. Since you will not be able to treat yourself with antihistamines for 72 hours prior to testing and since (rarely) there is a small chance of having an allergic reaction to the skin testing, please try to avoid exposure to activities that trigger your allergies during the 24 hour period before your testing. For example, mowing the lawn or extensive dusting may aggravate allergies in many patients. Avoid vigorous exercise for 2 hours before or after testing.

Reschedule your testing if you feel ill, have a fever, shortness of breath, wheezing, rashes, and/or Covid-19 like symptoms on the day of testing or the day before testing.

Patient: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_