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### *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 1-1.5 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 feels like pinches.
- Swelling or redness at the test sites, which may appear several hours after your testing, are called “delayed reactions” and do not have clear 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.)
- It is recommended you eat and are hydrated prior to skin testing.

## *Medications to be Held for Allergy Skin Testing*

### ***ANTI-HISTAMINES (TO BE HELD FOR 7 DAYS):***

Clarinet (desloratidine)	Claritin (loratadine)	Allegra (fexofenadine)
Chlor-Trimeton (chlorpheniramine)	Dexchlorpheniramine	Benadryl (diphenhydramine)
Zyrtec (cetirizine)	Xyzal (levocetirizine)	Periactin (cyproheptadine)
Dimetapp	Actifed	Brovex (brompheniramine)
Drixoral (dextbrompheniramine)		

Please check your over-the-counter medications to see if they include an antihistamine

### ***EYE DROPS (TO BE HELD FOR 5 DAYS):***

Bepreve (bepotastine)	Zaditor (ketotifen)	Optivar (azelastine)
Patanol/Pataday/Pazeo (olopatadine)		

All over the counter eye drops with antihistamine-A

### ***TOPICAL STEROID ANTI-INFLAMMATORIES (TO BE HELD FOR 5 DAYS IF APPLIED TO BACK AND ARMS):***

(Gels, Creams, Ointment, Solutions, and Lotions)

### ***ANTIDEPRESSANTS (TO BE HELD FOR 1-2 WEEKS AS APPROVED WITH PCP):***

Elavil (amitriptyline)	Doxepin	Trimipramine
Desipramine	Remeron (mirtazapine)	Trazadone
Serzone (nefazodone)	Asendin (amoxapine)	Pamelor (nortriptyline)
Imipramine		

### ***NASAL SPRAYS (TO BE HELD FOR 5 DAYS):***

Astelil/Astepro (azelastine)	Patanase (olopatadine)	Dymista
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### ***HISTAMINE BLOCKERS (TO BE HELD FOR 5 DAYS):***

Tagamet (cimetidine)	Zantac (ranitidine)	Axid (nizatidine)
Pepcid (famotidine)		

### ***OTHERS (TO BE HELD 7 DAYS BEFORE):***

Vistaril/Atarax (hydroxyzine)	Phenergan (promethazine)	Xanax (alprazolam)
Klonopin (clonazepam)	Flexeril (cyclobenzaprine)	Antivert/Bonine (meclizine)
Tylenol Cold & Sinus		

If you have any questions, please call 630-323-5522 and ask to speak to an allergy nurse