

Skin Testing for Allergies

What is an allergen? An allergen is a substance which causes an allergic reaction in sensitive people. Examples include: tree pollens, grass pollens, cats, dogs, molds, dust mites, milk, peanuts, and shellfish.

What are allergy skin prick tests? A plastic device with a pin tip called a quintip is placed in a well containing a single allergen. The quintip is then used to prick the skin on the patient's inside forearm. If a person is allergic to the allergen, the area will have a hive, redness, and possible itching.

What are the intradermal skin tests? If a person has no reaction to a specific prick test, for example, none of the tree allergens react, then a larger volume of allergens will be placed just under the skin of the outside upper arm. A sterile needle is used to do this. This test is needed to make sure all allergies are thoroughly determined.

Why get an allergy skin test? Skin testing is the most accurate method of determining your specific allergies. Your doctor can help you avoid or decrease allergens in your immediate environments. You will also be informed about immunotherapy (allergy shots or allergy drops) against these specific allergens.

Does skin testing hurt? Prick tests are more of an annoying discomfort than pain. They are well tolerated by most people over the age of two. Intradermals are mildly painful. They are similar to a PPD. Wear loose clothing that can be rolled up to the shoulder for intradermals.

How do I prepare for the skin testing?

- 1) Do **NOT** take any antihistamines. Testing results will not be accurate if patient is taking any antihistamines. See reverse side for list.
- 2) You cannot take the test if you are on any medication in the antibiotic or beta blocker family. Do **NOT** stop taking any medication without first consulting your doctor. See reverse side for list.
- 3) Asthma must be under control. A pulmonary function test must be documented for asthmatics or people with asthma-like symptoms.
- 4) You cannot take the test if you are ill or on antibiotics up to 48hrs before appointment.
- 5) You cannot take the test if your allergies are much worse than usual.
- 6) Eczema on the arms must be cleared up.
- 7) Do not skip meals before the test. Do not come on an empty stomach. Not eating increases risk of fainting.
- 8) Please remove all jewelry from wrists and hands before coming for testing appointment.
- 9) Wear sleeveless shirt or one that can be rolled up to the shoulders.
- 10) You should use the restroom if necessary, before the testing begins. You will be unable to do so while waiting for your reading.

What are the risks/side effects?

Itching, hives, and redness at the site of testing is common. This may last from 15 minutes to several days.

- 1) A generalized reaction is rare, but possible. You will be given medication to treat this side effect if necessary.

PLEASE ASK ANY QUESTIONS YOU MAY HAVE BEFORE THE TEST.

After the tests, you must make an appointment with the doctor. Your results and plan of care will be discussed at this time. Any additional questions will be answered.

Antihistamine Medications to Stop Prior to Testing

Oral. Stop 6 days prior

Cetirizine	Levocetirizine
Clarinet	Palgic
Claritin	Xyzal
Claritin D	Zyrtec
Desloratadine	Zyrtec D
Loratadine	

Oral. Stop 5 days prior

Antivert	Promethazine
Attarax	Rondec Syrup
Dymista	Rynatan
Duratuss AC12	Tanafed DMX
Hydroxyzine	Tussicaps
Meclizine	Tussionex

Nasal sprays. Stop 5 days prior

Astelin	Dymista
Astepro	Patanase
Azelastine	

Oral. Stop 4 days prior

Semprex D

Oral. Stop 3 days prior

Allegra, Allegra D, Fexofenadine
Allerx, Zantac

Oral. Stop 2 days prior

Benadryl	Dimenhydrinate
Brompheniramine	Diphenhydramine
Chlorpheniramine	Doxylamine

Eye Drops. Stop 5 days prior

Alaway	Optivar
Bepreve	Pataday
Claritin Eye	Patanol
Elestat	Visine A
Emadine	Zaditor
Naphcon A	Zyrtec itchy eye

Antidepressants. Stop 6 days prior

Amitriptyline (Elavil, Tryptomer)
Amoxapine (Amoxapine Tablets)
Clomipramine (Anafranil)
Desipramine (Norpramin)
Doxepin (Adapin, Sinequan)
Imipramine (Tofranil, Janimine, Praminil)
Nortriptyline (Pamelor, Aventyl, Norpres)
Protriptyline (Vivactil)
Trimipramine (Surmontil)

Antibiotics. Discuss With Dr. Krol before you leave today.

You cannot be on ANY antibiotics up to 48 hr. before appointment

Beta-blockers. Discuss With Dr. Krol before you leave today.

Acebutolol	Levatol
Atenolol	Lopressor
Betaxolol	Metoprolol
Betimol	Nadolol
Bisoprolol	Nebivolol
Bystolic	Penbutolol
Carvedilol	Pindolol
Combigan	Propranolol
Coreg	Sectral
Corgard	Tenormin
Cosopt	Timolol
Inderal	Timoptic
Innopran	Toprol
Istalol	Trandate
Kerlone	Ziac
Labetalol	