

Instructions For Allergy Skin Testing

Allergy and Asthma Care and Prevention Center

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 upper back with a sterile, disposable plastic device that pricks the outer surface of your skin. After this first phase of skin testing, small doses of allergy extracts may be injected into the skin of your upper arm. Skin test reactions are evaluated about 15 minutes after they are placed on the skin. A remote possibility is 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. **Be prepared to stay two hours for the testing.**

These long-acting antihistamines can interfere with testing and **should not be taken for the 7 days prior to testing:**

Alavert	Claritin	Clarinex	hydroxyzine	loratadine
---------	----------	----------	-------------	------------

These short-acting antihistamines can interfere with testing and **should not be taken for the 5 days prior to testing:**

Actifed	chlorpheniramine	Duravent DA	Novahistine	Sinutab
acrivastine	Chlor-Trimeton	Emadine	Nyquil	Sudafed Plus
Alacol	Comhist	Extendryl	Optimine	Tavist
Allegra	Comtrex	Fedahist	Ornade	Teldrin
Allerest	Contac	fexofenadine	Patanol	Temaril
Antivert	DA Chewable	Kronofed	PCM	Triaminic
Astelin Spray	DAllergy	Histadyl	Periactin	Trinalin
Atarax	Deconamine	Histalet	Phenergan	Tylenol Allergy
Atrohist	Dimetane	Histaspan	Polaramine	Tylenol NighthTime
Balamine	Dimetapp	Hydroxyzine	Pyribenzamine	Tylenol Sinus
Benadryl	diphenhydramine	Isoclor	(PBZ)	Tylenol PM
Bonine	Doxepin	Livostin	Rondec	Vistaril
Bromfed	Drixoral	Naldecon	Rynatan	Xyzal
brompheniramine	Dramamine	Nolamine	Semprex D	Zyrtec
	Dristan	Novafed A	Singulair	All "PM" Products

Tricyclic antidepressants such as these (and others) **should not be taken for the 7 days prior to testing:**

Adapin or Sinequan (doxepin)	Ludiomil (maprotiline)	Surmontil (trimipamine)
Anafranil (clomipramine)	Norpramin or Pertofrane (desipramine)	Tofranil (imipramine)
Elavil or Endep (amitriptyline)	Pamelor (nortriptyline)	Vivactil (protriptyline)

These H-2 blocker heartburn drugs **should not be taken in the 24 hours prior to skin testing:**

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

Continue to take asthma medications, steroid nose sprays, and other medications not listed above. Children must be accompanied by an adult. Please eat before testing. Please avoid excessive sunlight exposure prior to skin testing. If any questions please call our clinic nurse at 303-706-9923.