

Please read this entire form

Allergy Skin Pre-Testing Patient Instructions

You have been scheduled for allergy skin testing on _____ at _____ ,
in our office. Please allow 1½ - 2 hrs for the test.

Your follow up appointment with Dr. _____
will be on _____ to discuss your test results and treatment plan.

- Please arrive on time to your appointment with your allergy testing packet completely filled out to avoid any cancellations or rescheduling of your appointment.
- **Prior to skin testing you must discontinue any allergy medication:** Antihistamines for 7 days, this includes: Claritin® (Loratadine), Clarinex® (Desloratadine), Allegra® (Fexofenadine), Zyrtec® (Cetirizine), Xyzal® (Levocetirizine), Benadryl® (Diphenhydramine), Astelin/Astepro®, Patanase® and Dymista® nasal sprays.
- **You may continue taking your decongestants:** Entex La®, Deconasal®, Sudafed®, etc... as well as your nasal steroid sprays: Flonase®, Nasonex®, Veramyst®, Zetonna®, Qnsal® or Omnari®.
- **Stay on your inhalers:** If you are having trouble breathing the day of the allergy test, the appointment will be rescheduled.
- You will not be tested if you are using a topical steroid on both arms. You may be tested 7 days after the last application.
- No large amounts of Vitamin C (600mg. max.) for a least 7 days prior to the test.
- Eat breakfast or lunch prior to the test and wear a short sleeve shirt.
- If you are taking a sleep aid such as Tylenol® PM, Advil® PM, Unisom®, Sominex®, Compoz® night time sleeping aid, and Unisom® sleep gels maximum strength, they need to be discontinued 3 days prior to the test. They will alter the test results. You may continue taking Ambien® or Lunesta®.
- **Herbal supplements that will affect allergy testing include:** Licorice, Green Tea, Saw Palmetto, St. Johns Wort, Feverfew, Milk Thistle and Astragalus. Discontinue these 7 days prior to the test.
- If you have a history of asthma, your allergy testing will be performed in two office visits.
- For patient safety, we do not permit children who are not patients in the testing area. Please plan accordingly.