



PATIENT INSTRUCTIONS FOR SKIN TESTING

Allergy skin testing is done to help your allergist determine what may be causing the symptoms of an allergic reaction. Solutions of allergens (inhaled allergens, foods, medications, or other substances) are pricked or injected into the top layers of the skin. A positive reaction resembles a small mosquito bite and typically resolves within an hour.

- Testing may take up to two hours.
- You may eat as usual prior to skin testing.
- Please wear a loose-fitting, short-sleeved or sleeveless shirt, as we typically perform skin testing on both the lower and upper arms. Sometimes the skin of the upper back is also used.
- The risks and benefits of skin testing will be reviewed.
- You will have the opportunity to discuss questions and concerns prior to the test with your allergy nurse and doctor, if needed. After the testing, your allergist will review the results with you.

If you have questions before your visit, please call us at the number above and ask for the allergy nurse.

Stop anything containing an anti-histamine: Please read the labels of any over-the-counter (OTC) allergy, multi-symptoms cold reliever, motion sickness, acid reflux, or sleep medications that you take. These types of medications often contain antihistamines.

Please STOP taking all of the following medications 7 days prior to test:

Short Acting Antihistamines:	<ul style="list-style-type: none"> • Benadryl, Triaminic, Nytol, Diphenhist, Pediacare, Somnax, other OTCs Bonine, Dramamine Less Drowsy, Travel-Ease, other OTCs (meclizine) • Dramamine, Driminate, GoodSense Motion Sickness, other OTCs (dimenhydrinate) • Dimetane (brompheniramine) • Histex PD, M-Hist PD, other OTCs (triprolidine) • Karbinal ER, RyVent (carbinoxamine) • Periacin (cyproheptadine) • Phenergan, Phenadoz, Promethegan (promethazine) • RyClora (dexchlorpheniramine) • Semprex-D (acrivastine) • Sleep Aid, Nyquil, Unisom (doxylamine)
Long Acting Antihistamines:	<ul style="list-style-type: none"> • Allegra, Allergy 24-HR, other OTCs (all contain fexofenadine) • Claritin, Alavert, GoodSense Allergy Relief, other OTCs (contain loratadine) • Clarinex (contains desloratadine) • Xyzal Allergy 24HR (contains levocetirizine) • Chlor-trimeton, Coricidin, Atrohist, Deconamine, Rondec, Rynatan • Vistaril (contains hydroxyzine) • Zyrtec, All Day Allergy, others OTCs (all contain cetirizine)
Nasal Sprays and Eye Drops:	<ul style="list-style-type: none"> • Astelin, Astepro (Azelastine) • Patanol, Pataday, Pazeo, Patanase (olopatadine) • Alaway, Claritin Eye, Eye Itch Relief, TheraTears Allergy GoodSense Itchy Eye, Zaditor (ketotifen) • Lastacaft (alcaftadine) • Bepreve (bepotastine) • Naphcon-A, Opcon-A, Visine-A (pheniramine)
Multi-Symptom Cold Relief:	<ul style="list-style-type: none"> • Advil PM, Allergy or Multi-symptom Cold • Alka-Seltzer Plus Cold, Flu • Robitussin Cough & Cold • Sudafed Allergy, Severe cold, Nighttime • Theraflu products • Zicam Cold & Flu
Acid Relief:	<ul style="list-style-type: none"> • Pepcid, Pepcid AC, Acid Controller Max St, Heartburn Relief Max St, other OTCs (famotidine) • Tagamet, Cimetidine Acid Reducer (cimetidine) • Zantac, Zantac 75 or 150 Maximum Strength, Acid Reducer, GoodSense Acid Reducer, other OTCs (ranitidine)

**Medications that you should continue to take normally:**

Nasal steroid sprays	<i>Flonase (fluticasone), Nasacort (triamcinolone), Nasonex (mometasone), Rhinocort Allergy (budesonide)</i>
Nasal decongestant sprays	<i>Afrin, Dristan Spray, QlearQuil, Vicks Sinex, other OTCs (oxymetazoline)</i>
Oral decongestants	<i>Sudafed, other OTCs (pseudoephedrine), (phenylephrine)</i>
Oral asthma medications	<i>Singulair (montelukast), Accolade (zafirlukast), Zyflo (zileuton)</i>
Oral steroids	<i>Prednisone, prednisolone, and others</i>
Proton pump inhibitors for acid reflux	<i>Omeprazole, esomeprazole, lansoprazole, pantoprazole, rabeprazole</i>
All inhaled asthma medications	<i>As well as Ipratropium bromide inhaler for asthma or nasal spray</i>

Medicines taken for non-allergy problems (e.g., high blood pressure or cholesterol, mood problems, thyroid issues, birth control, etc.) should be continued normally.

Other medications that need special consideration – talk to your allergist if you take these:

- Xolair, Dupixent, or other biologic therapies for asthma or atopic dermatitis
- Tricyclic antidepressants (also used for migraine prevention and sleep): Amitriptyline, doxepin, desipramine, imipramine, clomipramine, nortriptyline. These need to be stopped weeks in advance, but it may not be advisable to do so.
- Seroquel, Seroquel XR (quetiapine)
- Steroid creams for skin disorders – can interfere only if used on the same areas of skin where testing is performed

When in doubt, please call the office at 617-732-9850