

Important Information For Your Allergy Skin Testing Appointment:

- It is important to stop using antihistamines for **five (5) days** prior to your skin testing appointment. Antihistamines (oral and topical) will block the skin test reactions and possibly lead to false negative results. Please refer to the detailed list of most common antihistamine medications listed below.
- Please arrive on time for your skin testing appointment. Patients who arrive late may need to be rescheduled due to time constraints.
- While most skin testing visits take approximately one hour, **we request patients allocate 2-3 hours for their visit** to ensure they have enough time to discuss the results with the doctor and obtain any follow up testing needed.
- Wear comfortable clothing to your visit. You may be asked to roll up your sleeves or remove your top (a gown will be provided).
- Please avoid the use of any skin care products or colognes/perfumes. While we will prep the areas of skin on which we will test, this will reduce the chances of extended prep times and delays.
- After skin prick testing (SPT), some patients may also receive intradermal testing. With intradermal testing, a small amount of allergen is injected under the skin and then monitored for a reaction. This test typically takes an hour to complete.
- Some patients may experience swelling and/or redness at the skin testing sites several hours after testing. This is referred to as “delayed reactions” and is of no clinical significance. The itching associated with these reactions may persist for several days and can be managed with antihistamines (topical or oral) and steroid creams.

Frequently Asked Questions:

1) Does skin prick testing hurt?

While this depends on an individual’s own pain tolerance, most patients do NOT find skin prick testing painful. Since the test is using sterile plastic to make tiny scratches on your skin, the procedure can be minimally uncomfortable. Some patients have described skin prick testing as a “cat walking over arm/back.”

All patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines as these medications may affect your test results. This includes both over-the-counter medications as well as prescription medications. Do not discontinue any asthma medications as these medications do not affect skin testing. Please consult with your prescribing physician or pharmacy if are unsure about any of your medications or have any concerns.

The following medications MUST BE STOPPED FIVE (5) DAYS before skin testing:

Actifed	Clarinet	Loratadine	Sinequan*
Adapin*	Claritin	Levocetirizine	Sominex*
Advil Allergy	Clemastine	Maprotiline*	Sudafed Cold & Allergy
Advil PM	Clomipramine*	Marezine	Surmontil*
Alavert	Cogentin*	Meclizine	Tacaryl
Allegra	Comtrex	Mirtazapine*	Tavist
Allerhist	Contact	Norpramin*	Temaril
Allertan	Coricidin	Nortriptyline*	Theraflu
Amitriptyline*	Cyproheptadine	Nyquil	Tofranil*
Anafranil*	Desipramine*	Pamelor*	Triaminic
Antivert	Dimetapp	Pediacare	Triavil*
Asendin*	Diphenhydramine	PediaTan	Trimipramine*
Ataraz	Doxepin*	Periactin	Trinalin
Atrohist	Dramamine	Phenergan	Tylenol Allergy
Aventyl*	Drixoral	Poly-Histine	Tylenol Cold
BC Cold	Durahist	Promethazine	Tylenol PM
Benadryl	DuraTan DM	Protriptyline*	Unisom
Bentyl	Dytan	Pyribenzamine	Vicks
Benzotropin*	Elavil*	Resperidone*	Vivactil*
Biohist	Etrafon*	Risperdal*	Xyzal
Bonine	Excedrin PM	Robitussin Allergy	Zonalon*
Brompheniramine	Fexofenadine	Rynatan	Zyrtec
Carbinoxamine	Hydroxyzine	Ryneze	
Cetirizine	Imipramine*	Semprex	
Chlorpheniramine	Limbitrol*	Seroquel*	

***Do not discontinue any antidepressant/psychotropic medications without first consulting with your prescribing physician.**

NOTE: This list includes the **most common** antihistamine containing medications. In general, most over-the-counter medications with the word "Allergy" or those for colds, coughs, and/or flu symptoms may contain antihistamines. Over-the-counter sleep medications may also contain antihistamines. If you have any questions, please consult with your pharmacist.

The following medications MUST BE STOPPED Three (3) DAYS before skin testing:

Antacid/Indigestion Medication

Axid (Nizatidine) Pepcid (Famotidine) Tagamet (Cimetidine) Zantac (Ranitidine)

Antihistamine Nasal Sprays:

Azelastine Astepro Dymista
Astelin Patanase