

INSTRUCTIONS FOR ALLERGY SKIN TESTING

Skin Testing is a procedure which helps determine which substances (allergens) cause an allergic reaction in your body. Small doses of allergic extracts are administered into the skin of your upper arm or forearm.

Skin testing takes approximately one hour. After testing, your physicians will review the results with you and recommend a treatment most suitable for you.

- Certain medications interfere with an accurate skin testing response and therefore, should not be taken prior to testing.
- Antihistamines (ex. Claritin, Zyrtec, Allegra, Tavist, Semprex D, Clarinex, Meclizine) should not be taken at least 60 hours prior to testing. If in doubt about any medication-call us. You may resume antihistamine use after all skin testing is completed.
- Discontinue over the counter (OTC) medications that contain an antihistamine 60 hours prior to testing.
- All medication for Asthma, including inhalers should be taken unless otherwise directed by your physician.
- If you are taking any tranquilizers, antidepressants or sleeping medication, let the nurse or allergy receptionist know when making your appointment.
- If you are pregnant or suffer from any chronic illness, please discuss it with the allergy staff prior to your appointment.

Please eat breakfast or lunch as you normally would and wear a short sleeved shirt.

Children under 18 must be accompanied by an adult.

Our testing is done by trained medical assistants and physicians. Due to the intradermal injection of allergens into your system the potential of an anaphylactic reaction is always possible, although extremely rare.

We perform modified quantitative allergy testing, which is a combination of prick and intradermal testing. This method has been shown to be one of the most accurate, sensitive, and specific methods of allergy testing.

Information provided by **ENT CONSULTANTS**