

Patient Instruction Sheet for Allergy Skin Testing

Skin Test: Consists of introducing small amounts of an allergen into the skin and noting the development of a positive reaction (which consists of a welt or hive with surrounding redness). The results are read 15 minutes after the application of the allergen.

Prick Method: The skin is pierced with a prick device coated with a drop of an allergen.

These allergens include trees, grasses, weeds, molds, dust mites and common animals. The skin testing generally takes about 45 minutes. Prick tests may be performed on your arms or back. The back is the preferred site for children. If you have a specific allergic sensitivity to one of the allergens, a red, raised, itchy bump (caused by histamine release into the skin) will appear on your skin within 15 minutes. These positive reactions will gradually disappear over a period of 30 to 60 minutes, and typically, no treatment is necessary for this itchiness. Occasionally, local swelling at a test site will begin 4 to 8 hours after the skin tests are applied. These reactions are not serious, do not indicate a meaningful allergy, and will disappear over the next few days. They should be reported to your physician at your next visit. You may be scheduled for skin testing to antibiotics, local anesthetics, venoms or other biological agents.

Included is a list of medications that may interfere with the testing. If you are uncertain whether you can safely stop a medication, please **consult the prescribing physician prior to discontinuing any medication**. If you have any questions, please contact our office to discuss. Please note that being on certain medications may prevent testing from being done in the office at the time of your appointment.

Please let the physician and nurse know if you are:

1. Pregnant, as allergy testing will be postponed until after pregnancy.
2. Taking beta-blockers or medications that may make the treatment of the reaction to skin testing more difficult.

THE FOLLOWING MEDICATIONS MAY BE TAKEN PRIOR TO SKIN TESTING:

NASAL STEROIDS

Flonase/Veramyst (fluticasone), Nasacort (triamcinolone), Naserl (flunisolide), Nasonex (mometasone), Omnaris/Zetonna (ciclesonide), Qnasl (beclomethasone),

ASTHMA INHALERS

Inhaled steroids: Advair, Asmanex
Nebulized treatments: Albuterol, Atrovent, Xopenex
Rescue inhalers: Albuterol, Pro-Air, Ventolin, Xopenex

THEOPHYLLINE

Theo-Dur, T-Phyl, Uniphyll, Theo-24