



Instructions for Allergy Skin Testing

Skin testing is a procedure that helps identify substances (allergens) that cause an allergic reaction. Drops of allergy extracts are applied to the skin of your upper back with a sterile, disposable plastic device that pricks the outer surface of your skin. After this first phase of skin testing, small doses of allergy extracts may be injected into the skin of your upper arm. Skin test reactions are evaluated about 15 minutes after they are placed on the skin. A remote possibility is that you may experience congestion, sneezing, coughing or itchy eyes during or after the testing. If you experience these symptoms, we will observe you for an additional period of time. **Be prepared to stay two hours for the testing.**

These short-acting antihistamines can interfere with testing and **should not be taken for the 5 days prior to testing:**

Actifed	chlorpheniramine	Duravent DA	Novahistine	Sinutab
acrivastine	Chlor-Trimeton	Emadine	Nyquil	Sudafed Plus
Alacol	Claritin	Extendryl	Optimine	Tavist
Alavert	Clarinox	Fedahist	Ornade	Teldrin
Allegra	Comhist	fexofenadine	Patanol/Patanase	Temaril
Allerest	Comtrex	Kronofed	PCM	Triaminic
Antivert	Contac	Histadyl	Periactin	Trinalin
Astelin/Astepro	DA Chewable	Histalet	Phenergan	Tylenol Allergy
Atarax	DAllergy	Histaspan	Polaramine	Tylenol NighthTime
Atrohist	Deconamine	Hydroxyzine	Pyribenzamine	Tylenol Sinus
Balamine	Dimetane	Isoclor	(PBZ)	Tylenol PM
Benadryl	Dimetapp	Livostin	Rondec	Vistaril
Bonine	diphenhydramine	Loratadine	Rynatan	Xyzal
Bromfed	Doxepin	Naldecon	Semprex D	Zaditor
brompheniramine	Drixelal	Nolamine	Singulair	Zyrtec
	Dramamine	Novafed A		
	Dristan			

Tricyclic antidepressants such as these (and others) **should not be taken for the 7 days prior to testing:**

Adapin or Sinequan (doxepin)	Ludiomil (maprotiline)	Surmontil (trimipamine)
Anafranil (clomipramine)	Norpramin or Pertofrane (desipramine)	Tofranil (imipramine)
Elavil or Endep (amitriptyline)	Pamelor (nortriptyline)	Vivactil (protriptyline)

These H-2 blocker heartburn drugs **should not be taken in the 24 hours prior to skin testing:**

cimetidine (Tagamet)	famotidine (Pepcid)	nizatidine (Axiid)	ranitidine (Zantac).
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Continue to take asthma medications, steroid nose sprays, and other medications not listed above. Children must be accompanied by an adult. Please eat before testing. Please avoid excessive sunlight exposure prior to skin testing. If any questions please call our clinic nurse at 303-706-9923.