

# Patient Instructions for Skin Testing

Aeroallergen skin testing is done using the prick and intradermal methods. These methods are used by board-certified allergists and are accepted as the standard method for the diagnosis of allergic disease. Skin testing is not painful and is the most cost-effective method of allergy testing available.

You will receive approximately 55 common inhalant skin tests depending on the history of your allergy symptoms. These allergens include pollens, pet dander, molds and dust mites. Occasionally, skin tests to common food allergens will also be included. Should your prick skin tests be negative, we might also perform intradermal skin tests to be sure that important allergen sensitivities are not missed.

**IMPORTANT:** Certain medications must be stopped prior to allergy skin test.

Please do not take any medicines that contain antihistamines for approximately 5-7 days prior to testing.

Common antihistamines include:

- Clarinex, Claritin, Allegra, Zyrtec, Astelin nasal spray, Actifed, Atarax, Benadryl, Contac, Deconamine, Dimetapp, Trinalin, Periactin, Phenergan, Rynatan, Tavist, Triaminic
- Decongestant/antihistamine combination medications
- Astelin, a prescription nose spray antihistamine
- Any over-the-counter allergy medicines or cold & cough remedies
- Any over-the-counter sleep aids – they usually contain sedating antihistamines
- Some medications for dizziness and anti-depressants (tricyclic antidepressants) can also contain antihistamines.

You should continue to take as prescribed, the following medications:

- Antibiotics
- All asthma medications
- Oral steroid/prednisone
- Prescription nose sprays, with the exception of Astelin
- Decongestants that are not combined with an antihistamine
- All of your other non-allergy medications

The procedure will take approximately 30-60 minutes.

Should you have a question about a specific medication, please feel free to call us at 214-370-5700.