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**PATIENT INSTRUCTION SHEET FOR
AEROALLERGEN & FOOD ALLERGY SKIN TESTING**

You will be skin tested to important local airborne allergens and/or food allergens. These may include trees, grasses, weeds, molds, dust mites, and danders (and/or foods such as milk, egg, peanut and some others). The skin tests generally take approximately 60 minutes. Puncture tests will be performed on your back and intradermal tests on your arms. If you have a specific allergic sensitivity to one of the allergens, a red, raised, itchy hive (caused by histamine release into the skin) will appear on your skin within 15 – 20 minutes. These positive reactions will gradually disappear over a period of 30 – 60 minutes, and typically, no treatment is necessary for this itchiness. Local swelling at a test site (which itches occasionally) begins 4 to 8 hours after the skin tests are applied. These reactions are not serious and will disappear over the next week or so. They should be measured and reported to you physician at your next visit. If they are bothersome, please call the office for instructions on local treatment.

DO NOT:

1. Over the counter antihistamines should not be used 2 – 4 days prior to the scheduled skin testing. Refer to the table on the next page for specific medication and withholding time. These include cold tablets, sinus tablets, hay fever medications, or treatments for itchy skin. Some of the names of these drugs include Actifed, Drixoral, Dimetapp, Benadryl, Tavist, Trinalin, Periactin, Tylenol PM or Tylenol PM Allergy Sinus medications stating PM and many others. If you have any questions, whether or not you are using an antihistamine, please ask the nurse or doctor.
2. Medications such as over-the-counter sleeping medicines (e.g. Nytol) and other prescribed drugs such as amitriptyline hydrochloride (Elavil), hydroxyzine (Atarax/Vistaril), doxepin (Sinequan) and imipramine (tofranil) have antihistaminic activity and should be discontinued at least **two weeks prior** to skin tests.
3. If you are taking a prescription antihistamine (Allegra, Clarinex, Zyrtec, Xyzal etc.), refer to the table on the next page.
4. Patients on Astelin nasal spray should not use this medication for 48 hours prior to the tests.

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OVER

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YOU MAY:

1. Continue on your intranasal allergy sprays such as Flonase, Nasacort, Beconase, Rhinocort, Nasonex, Nasalcrom, Vancenase or Nasarel. Entex or Sudafed may also be used temporarily but not on the day of testing.
2. Most drugs do not interfere with skin testing but make certain that your physician or nurse knows about every drug you are taking.

After skin testing, you will meet with the doctor (either the same day or possibly another day) who will make further recommendations regarding your treatment.

****We request that you do not bring small children with you when you are scheduled for skin testing, unless they are accompanied by another adult who can sit with them in the waiting room. Please do not cancel your appointment since the time set aside for your skin test is exclusively yours. If for any reason you need to change your appointment, please give us at least 48 hours notice. Due to the length of time scheduled for skin testing, a last minute change results in loss of valuable time that another patient might have utilized. We thank you for your cooperation.****