



What to expect for your skin testing appointment?

- You and the provider discussed which testing best fits for you. When you return, we will test with up to 120 individual skin pricks. It could be less dependent on your individual needs. These are applied directly to your back with a small non-invasive plastic applicator. This will not break the skin or make you bleed.
 - **Children:** This testing for small children may seem uncomfortable and may cause some minor distress. Our staff is trained to work with all ages and are efficient in applying the test quickly.
- There is secondary testing for environmental allergies if needed based on your initial skin test results. This will involve use of very small needles to place a small amount of allergen under the top layer of skin of your arm.
- **CLOTHING:** we will ask you to undress from the waist up, including your bra or at minimum your bra unlatched.
- At the end of your appointment, the provider will review your results with you and make an individualized plan for treatment.

Antihistamines/Medications to Avoid Prior to Skin Testing

These medications should be avoided for a full 5 days prior to your skin testing appointment.

1. Allergy medications that are antihistamines (can also be in cold/sinus medications):
 - Zyrtec (cetirizine)
 - Claritin (loratidine)
 - Allegra (fexofenadine)
 - Xyzal (levocetirizine)
 - Clarinex (desloratadine)
 - Benadryl (diphenhydramine)
 - Atarax/Vistaril (hydroxyzine)
 - Antihistamine Nasal Sprays: Astelin (azelastine), Patanase (olopatadine)
 - Antihistamine Eye Drops: Pataday/Pazeo (olopatadine), Alaway/Zaditor (ketotifen)

2. Sleep medications that are antihistamines:
 - Over-the-counter sleep aids that contain diphenhydramine: i.e. ZzzQuil, Nyquil, medications that state “PM” such as Tylenol PM or Advil PM
 - Over-the-counter sleep aids that contain doxylamine (should be held for 2 weeks): i.e. Unisom and Sleep Aid
 - Prescription antihistamines such as Vistaril (hydroxyzine)

3. Acid reflux pills that are antihistamines:
 - Zantac (ranitidine)
 - Pepcid (famotidine)
 - Tagamet (cimetidine)

4. Medications for nausea/vomiting, vertigo that should be held for 2 weeks if possible:
 - Phenergan (promethazine)
 - Compro (prochlorperazine), Dramamine or Bonine (meclizine)

IF YOU ARE ON A Tricyclic Antidepressant (amitriptyline, clomipramine, desipramine, doxepin, imipramine, nortriptyline, protriptyline, trimipramine), these medications can inhibit skin testing for up to 2 weeks, however antidepressants are difficult to discontinue because the conditions they treat can acutely worsen when abruptly stopped. In this situation, your provider should discuss possible allergy testing options.