



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.

AVOID THE FOLLOWING MEDS FOR AT LEAST 5 DAYS (or otherwise noted) PRIOR TO TESTING:

Antihistamines (2nd Generation)	
Generic Name	Brand Names
Loratadine	Claritin
Cetirizine	Zyrtec
Fexofenadine	Allegra
Levocetirizine	Xyzal
Desloratadine	Clarinex
Antihistamines (1st Generation)	
Diphenhydramine	Benadryl, check as ingredient in cough/cold meds
Hydroxyzine	Atarax, Vistaril
Chlorpheniramine	ChlorTrimeton
Brompheniramine	Dimetapp
Cyproheptadine (10 days)	Periactin
Doxylamine (14 days)	Unisom, Sleep Aid
Antihistamine nasal sprays	
Azelastine	Astelin
Olopatadine	Patanase
Antihistamine eye drops	
Ketotifen	Zaditor, Alaway
Olopatadine	Pataday, Pazeo
Acid reflux pills that are antihistamines	
Ranitidine	Zantac
Famotidine	Pepcid
Cimetidine	Tagamet
Nausea/vomiting and vertigo medications, hold for 14 days	
Promethazine (14 days)	Phenergan
Prochlorperazine (14 days)	Compro
Meclizine (14 days)	Dramamine, Bonine
PSYCHIATRIC MEDICATIONS: <i>These meds 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.</i>	
Tricyclic Antidepressants	Atypical Antidepressants/Sedatives
Amitriptyline (7 days)	Bupropion a.k.a. Wellbutrin (3 days)
Clomipramine	Quetiapine (7 days)
Desipramine	Trazodone (3 days)
Doxepin (6 days)	Zolpidem (3 days)
Imipramine (14 days)	Mirtazapine (7 days)
Nortriptyline (7 days)	Eszopiclone (3 days)
Protriptyline	
Trimipramine	
Benzodiazapines	

Lorazepam (7 days)	
Clonazepam (7 days)	
Diazepam (7 days)	
Midazolam (7 days)	