

# Southern California Allergy

(818) 990-9155

EncinoAllergy.com

## Patient instructions for skin testing

Allergy skin testing is done to assist your allergist in determining what may be causing you symptoms of an allergic reaction. Extracts of common allergens are pricked on to the superficial layers of the skin. A positive reaction resembles a small mosquito bit and typically resolves within one hour. Positive and negative skin tests must be correlated with the patient's clinical history and physical findings to determine the test's relevance.

- ❖ Testing may take up to an hour
- ❖ You may eat as usual prior to testing
- ❖ Please wear loose-fitting, short sleeved, or sleeveless shirt, as we typically preform skin testing on the back and sometimes both the lower and upper arms.
- ❖ You will be given a consent form to sign, which explains the risks and benefits of the test.
- ❖ You will have the opportunity to discuss questions and concerns prior to the test with your provider. Your provider will review your test results with you after the test has been completed.
- ❖ **If you have any questions before your visit, call us at (818) 990-9155.**

### Medications to avoid 5-7 days prior to testing

Loratadine (Claritin, Alavert, OTC generics)	tablets Meclizine (Bonine)	Coricidin
Fexofenadine (Allegra)	Phenindamine (Nolahist)	Dimetapp
Cetirizine (Zyrtec and OTC generics)	Pheniramine	Dristan tablets
Desloratadine (clarinex)	Promethazine (Phenergan)	Drixoral
Levocetirizine (xyzal)	Tripelennamine (PBZ) Triprolidine (Triafed)	Nyquil (Vicks)
Chlorpheniramine (chlor-Trimeton, Atrohist,	<b><u>Over-the-counter Allergy, Cold, and Sleep medications:</u></b>	Robitussin Cough & Cold, Cough & Allergy
Deconamine, Rondec, Rynatan)	Actifed	Sine-Off
Hydroxyzine (Atarax, Vistaril)	Advil PM, Allergy or Multi- symptom cold	Sudafed Allergy, Severe Cold, Nighttime
Azatadine (Trinalin)	Alka-Seltzer Plus Cold, Flu	Theraflu products
Brompheniramine (Dimetane) Carbinoxamine (Palgic)	Allrest	Triaminic
Clemastine (Tavist)	Comtrex	Tylenol Plus, Cold, Allergy, PM Or Nighttime products
Cyproheptadine (Periactin)	Contac	Zicam Cold & Flu
Dexchlorpheniramine (Polaramine) Dimenhydrinate (Dramamine)	<b><u>Avoid 4-5 days prior</u></b>	Unisom, Sominex, Simply Sleep
Diphenhydramine (Benadryl)	Azelastine nasal spray (Astelin)	<b><i>And anything else containing an Anti-histamine</i></b>
Doxylamine Ketotifen	Olopatadine nasal or eye spray (Patanase, Patanol, Pataday)	
	Acrivastine (Semprex-D)	

### **Other medications to avoid prior to testing:**

**Tricyclic antidepressants:** Elavil (amitriptyline), Sinequan (doxepin), Norpramin (desipramine), Tofranil (imipramine), Anafranil (clomipramine) and Pamelor (nortriptyline) **H2 inhibitors:** Pepcid (famotodine), Tagamet (cimetidine) and Zantac (ranitidine) **You should ask the doctor who prescribed these agents if it is safe for you to stop.** If you are on **Beta-blockers** or **MAO inhibitors**, please check with your allergist if you should stop them before testing.

Your primary doctor and allergist may need to consult prior to testing.

### **WHEN IN DOUBT, PLEASE CALL THE OFFICE**

**\*\*All of your other medications (including asthma inhalers, Singulair, steroids) should be taken as prescribed.\*\***