

INSTRUCTIONS FOR ALLERGY SKIN TESTING

- **Do not take any antihistamines for 5 days** prior to the scheduled day of test. This includes Benadryl, Claritin, Allegra, Zyrtec or any over the counter cold/allergy medication. Check with the provider or pharmacist to see if any over the counter medications has an antihistamine in it.
- Here is a list of some Over the Counter medicine that may contain antihistamine: Chlortrimeton, Actifed, Triaminic, Dimetapp, Bromfed, Drixoral, Alka Seltzer Cold and Allergy
- You may continue using any anti-inflammatory nasal sprays and Singulair
- Notify the allergy nurse if you have taken oral steroids with the last few weeks.
- Wear a short sleeve shirt or tank top in order for the allergy nurse to access the upper arm where the skin testing will be performed.
- Please call your insurance provider prior to testing in order to find out what your out of pocket cost will be for testing and treatment.
- You may not undergo allergy testing if you are pregnant.
- Please have something light to eat before testing.
- Please avoid sunburn prior to testing.
- All medications for asthma, including inhalers, should be taken unless otherwise directed by provider.
- You may not undergo skin testing if you are currently taking a Beta Blocker. Please be aware you will not be able to receive allergy shots if you are on a Beta Blocker, but you may receive allergy drop therapy.
- Skin testing will take around 60 minutes.
- Following allergy testing, you may take an antihistamine to control symptoms exacerbated by testing. Hydrocortisone cream may also help to relieve the itching.
- The day following allergy testing, please call back and let us know about any delayed reactions at 606-759-4852 ext 106