

## Allergy Skin Testing Information

An allergy skin test helps determine if your body has an allergic reaction to an allergen. For most people, this test takes about 1 hour.

Antihistamines can interfere or prevent us from doing these tests at your first visit. **A detailed medication list is on the next page.**

Patients with **asthma** should not stop their daily inhalers. If you can, refrain from using your rescue inhaler (albuterol) 6 hours before your appointment if you are seeing one of the allergists.

**Steroid nasal sprays** (Flonase, Nasacort, Nasonex, Rhinocort) **do not** need to be stopped.

### If Your Physician is with Allergy and Immunology

If your physician is with one of our allergy and immunology specialists you may have testing on the same day as your initial appointment depending on your condition. Results and treatment options will be discussed.

**Food allergy** evaluation, testing, and treatment is only done with the allergists.

If you are **only** being evaluated for **immunodeficiency** or **chronic hives** (daily hives for more than 6 weeks) you do not have to stop any medications.

If you have **severe, uncontrolled eczema**, you do not need to stop antihistamines you are taking for itching.

### Testing Information

Skin testing is completed at a Raleigh Capitol Ear, Nose, Throat, and Allergy medical facility. A doctor will be present in the clinic. *Severe reactions are rare, but the staff is fully trained, and emergency equipment is available.*

Please let your provider know if you are pregnant. Allergy skin testing will be postponed until after your pregnancy in the unlikely event of a reaction.

### Testing Methods

#### Prick testing

We prick the skin of your forearms or upper back and 20 minutes later we check the test sites for a reaction. A wheal -- a tiny bump that looks like a mosquito bite -- may show sensitivity to an allergen.

#### Intradermal testing

Depending on the results of your prick testing, your doctor may need to learn more about some environmental allergens. In this case, you may have intradermal testing. For this test, a tiny amount of allergen is injected under the skin. After 15 minutes, we will look for and measure the resulting reaction.

It is optional if you are nervous about needles, but it allows us to test for less severe allergies not initially found on prick testing. This testing is not done on young children. We do not do this type of test for foods.

### Getting Your Results

After skin testing, you will follow-up with your provider who will work with you to determine best treatment options for you.

If you are taking any of these medications, please talk to the **prescribing provider** and ask if it is okay to stop them 7 days before testing. This will allow you to get the best results from your allergy test.

### **Antihistamines to Stop 7 Days Before Testing**

<b>Antihistamines</b>	<b>Histamine 2 Blockers</b>
<ul style="list-style-type: none"> <li>• Azelastine or olopatadine nasal spray (Astepro, Astelin, Dymista, Patanase)</li> <li>• Brompheniramine (Dimetapp, Bromfed)</li> <li>• Carbinoxamine (Karbinal, Ryvent)</li> <li>• Cetirizine (Zyrtec)</li> <li>• Chlorpheniramine (Chlor Trimeton)</li> <li>• Clemastine (Allerhist, Tavist)</li> <li>• Cyproheptadine (Periactin)</li> <li>• Diphenhydramine (Benadryl)</li> <li>• Desloratadine (Clarinox)</li> <li>• Fexofenadine (Allegra)</li> <li>• Hydroxyzine (Atarax, Vistaril)</li> <li>• Levocetirizine (Xyzal)</li> <li>• Loratadine (Claritin)</li> <li>• Meclizine (Antivert, Dramamine)</li> </ul>	<ul style="list-style-type: none"> <li>• Famotidine (Pepcid)</li> <li>• Cimetidine (Tagament)</li> <li>• Ranitidine (Zantac)</li> <li>• Nizatidine (Axid)</li> </ul>
<b>Antidepressants with Antihistamine Effects</b>	<b>Miscellaneous</b>
<ul style="list-style-type: none"> <li>• Amitriptyline (Elavil)</li> <li>• Clomipramine (Anafranil)</li> <li>• Desipramine (Nupramin)</li> <li>• Doxepin (Sinequan)</li> <li>• Imipramine (Tofranil)</li> <li>• Mirtazapine (Remeron)</li> <li>• Nortriptyline (Pamelor, Aventyl)</li> <li>• Protriptyline (Vivactil)</li> <li>• Trazadone (Desyrel)</li> <li>• Trimipramine (Surmontil)</li> </ul>	<ul style="list-style-type: none"> <li>• Metoclopramide (Reglan)</li> <li>• Prochlorperazine (Compazine)</li> <li>• Promethazine (Phenergan)</li> <li>• Sleep aids like: Tylenol <u>PM</u> or Advil <u>PM</u>, Unisom, Calm Aid, etc.</li> <li>• Over the counter cold and flu medications often have antihistamines like: Alka Seltzer, Coricidin, Mucinex, Nyquil, Robitussin, Sudafed, Theraflu, Zicam, etc.</li> </ul>
	<b>Steroids</b>
	<ul style="list-style-type: none"> <li>• Prednisone more than 30mg/day for 7 days</li> <li>• Any IV or intramuscular steroids</li> <li>• Topical steroids on forearms and/or back in the last 4 weeks</li> <li>• Local joint steroid injections = OK</li> </ul>
	<b>Stop 24 Hours Before of Testing</b>
	<ul style="list-style-type: none"> <li>• Montelukast (Singulair)</li> <li>• Zafirlukast (Accolate)</li> <li>• Zileuton (Zyflo)</li> </ul>

If you have any questions about if a medication you are taking may contain antihistamines or have antihistamine effects, please contact your pharmacy. If you still have question, please feel free to contact our office at 919-787-1374.

**Please keep your skin test appointment. If for any reason you need to change your appointment, call at least 72 hours before or you will be charged \$200.00. This allows another patient to be scheduled.**