

Middle Georgia Allergy and Asthma

Allergy Skin Testing

What to expect the day of allergy skin testing:

Allow 2 hours for skin testing. Skin testing is performed on the back and/or arms.

Wear comfortable clothing. Wear a 2 piece outfit, preferably with short sleeves, as you will be asked to remove your top for testing.

Skin testing involves placing small amounts of testing materials on the skin with a "prick" device and/or "intradermal" test. Results are read in 15-20 minutes. If you have an allergic sensitivity to an allergen, a mosquito-bite like bump will appear.

The prick test involves a multitest device that is similar to a plastic toothpick. Prick testing is not painful but may feel like a cat walking on your back. Intradermal testing may be performed after prick testing depending upon the results of the prick test. Intradermal skin testing may feel like an ant bite or mosquito bite. Intradermal skin testing is typically not performed on children.

All ANTIHISTAMINES must be discontinued for 7 days prior to skin testing. Antihistamines interfere with the test results by blocking the skin test reaction. See the back page for the names of antihistamines to discontinue.

If you feel that you may be too uncomfortable withholding all antihistamines for 7 days, please discuss this with your allergy doctor on the day of your appointment. Other prescription medications may be substituted temporarily that will not interfere with allergy skin testing.

Asthma medications and inhalers **DO NOT** interfere with skin testing. **DO NOT** stop taking any of your asthma medications.

Some antidepressant, chronic pain, and prescription sleep medications can also block skin testing; however they should not be discontinued before discussing with your allergy doctor.

Antihistamine medications to stop 7 days before skin testing:

General:

Any Over-The-Counter (OTC) medications with the word "antihistamine"

Any OTC medication with word "Allergy" "Nighttime" or "PM"

Any OTC sleep medications

Any allergy/antihistamine eye drops except for plain Artificial Tears that contains no medicine.

Antihistamines: Note that there are many OTC brand name medications that are not listed below. You will need to check the back of the box or container for the generic name. If you are taking a brand name medication, ask your pharmacy or prescribing physician for the generic name.

Generic name:

acrivastine	cyproheptadine	hydroxyzine
brompheniramine	desloratadine	levocetirizine
carbinoxamine	dexchlorpheniramine	loratadine
cetirizine	dimenhydrinate	meclizine
chlorpheniramine	diphenhydramine	pheniramine
clemastine	doxylamine	triprolidine
cyclizine	fexofenadine	promethazine

Brand Name Examples:

Advil Allergy Sinus	Dimetapp	Tripohist
Advil PM	Dramamine	TussiCaps
Alavert	Marezine	Tussinonex
Antivert	Nyquil	Tylenol Allergy
Allegra	Palgic	Tylenol Cold Nighttime
Aller-Chlor	Pediacare	Tylenol PM
Arbnioxa	Periactin	Tylenol Severe Allergy
Atarax	Phenergan	Unisom
Benadryl	Robitussin	VertiCalm
Bonine	Semprex	Vicks ZzzQuil
Bromfed	Simply Sleep	Vicks Nyquil
Chlor-Trimeton	Sominex	Vistaril
Clarinet	Tavist	Xyzal
Claritin	Theraflu	Zentrip
Coriciden Cold & Flu	Tranquil	Zyrtec
Deconamine	Triaminic	

Nasal Spray Anthistamines: generic name (Brand Name)

azelastine (Astelin, Astepro, Dymista)

olopatadine (Patanase)

All other nasal sprays are to be continued.

Reflux/Heartburn Medications:

cimetidine (Tagamet)

famotidine (Pepcid)

nizatidine (Axid)

ranitidine (Zantac)

DO NOT STOP TAKING ANY ASTHMA MEDICATIONS.

Asthma medications that should be continued:

All inhaled medications

Singulair(montelukast), Accolate(zafirlukast), Zflo(zileuton), theophylline