

## Patient Instruction/Consent Form for Allergy Skin Testing

**Skin Test** are methods of testing for allergic antibodies. A test consists of introducing small amounts of the suspected substance, or allergen, into the skin and noting the development of a positive reaction (which consists of a wheal, swelling, or flare in the surrounding area of redness). The results are read at 15 to 20 minutes after the application of the allergen. The skin test methods are:

1. **Prick Method:** The skin is pricked with a sharp plastic skin test device where a drop of allergen has already been placed.
2. **Intradermal Method:** This method consists of injecting small amounts of an allergen into the superficial layers of the skin.

Interpreting the clinical significance of skin tests requires skillful correlation of the test results with the patient's clinical history. Positive tests indicate the presence of allergic antibodies and are not necessarily correlated with clinical symptoms.

You will be tested to important airborne allergens and possibly some foods. These include, trees, grasses, weeds, molds, dust mites, and animal danders. The skin testing generally takes 30 to 45 minutes. Prick tests are usually performed on your back but may also be performed on your arms. Intradermal skin tests may be performed if the prick skin tests are negative and are performed on your arms. If you have a specific allergic sensitivity to one of the allergens, a red, raised, itchy bump (caused by histamine release into the skin) will appear on your skin within 15 to 20 minutes. These positive reactions will gradually disappear over a period of 30 to 60 minutes, and, typically, no treatment is necessary for this itchiness. You may be scheduled for skin testing to antibiotics, caines, venoms, or other biological agents. The same guidelines apply.

### Basic Guidelines:

1. **Prescription or over the counter oral antihistamines** should NOT be used 7 days prior to scheduled skin testing. These include cold tablets, sinus tablets, hay fever medications, or oral treatments for itchy skin, over the counter allergy medications, such as Claritin, Zyrtec, Allegra, Xyzal, Clarinex, and Actifed, and many others. Benadryl may be used up to 48 hours before skin testing. Please avoid **antihistamine acid reducing medication** such as ranitidine [Zantac], cimetidine [Tagamet] and famotidine [Pepcid] for 72 hours prior to testing.
2. You should discontinue your **nasal and eye antihistamine medications**, such as Patanase, Pataday, Optivar, Astepro or Astelin at least 48 hours before the testing. In some instances a longer period of time off these medications may be necessary.
3. You should discontinue **Montelukast** (Singulair), 5 full days prior to skin testing.
4. Some over the counter sleep aids (e.g. **Tylenol PM**) and other prescribed drugs, such as amitriptyline hydrochloride (Elavil), hydroxyzine (Atarax), doxepin (Sinequan), and imipramine (Tofranil) have

antihistaminic activity and should be discontinued prior to skin testing. Please consult with the doctor before discontinuing these medications.

**You may:**

1. You may continue to use your intranasal allergy sprays such as Flonase, Rhinocort, Nasonex, Nasacort, Omnaris, Veramyst and Nasarel.
2. Asthma inhalers (inhaled steroids and bronchodilators), and oral theophylline do not interfere with skin testing and should be used as prescribed.
3. Most drugs do not interfere with skin testing but make certain that your physician and medical assistant know about every drug you are taking (bring a list, if necessary).

**\*\*If you are unsure if one of your medications is an antihistamine, please ask our staff. In some instances, a longer period of time off these medications may be necessary.**

Skin testing will be administered at this medical facility with a physician present. Please let the physician and medical assistant know if you are pregnant or taking any blood pressure medications.

Reactions to skin testing rarely occur. The most common reaction is itching and swelling at the skin test site. It is exceedingly rare to have a severe allergic reaction (anaphylaxis) during skin testing and we are fully equipped to treat any reaction promptly, should it occur.

I have read this patient information sheet on allergy skin testing and understand it. The opportunity has been provided for me to ask questions regarding the potential side effects of allergy skin testing and these questions have been answered to my satisfaction.

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Signature of Patient or Parent/Legal Guardian

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Print Patient's Name

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Date

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Print Name of Legal Guardian, if applicable

\*As parent or legal guardian, I understand that I must accompany my child throughout the entire procedure and visit.