Skin testing can be done as part of an allergy evaluation, and helps find out what you may be allergic to. Knowing what you are allergic to can help you avoid allergic reactions.

**Appointment Instructions:**

- The initial allergy appointment could take 2-3 hours. It is very important be on time. Please bring something to occupy your during downtime.
- Do Not have any shots or procedures done the day of testing. (vaccines, dental work, minor surgery etc.)
- Patients under 18 years of age must have a parent or legal guardian with them for the entire visit. Minors cannot authorize testing or emergency treatment of any reaction that may occur as a result of testing.
- Avoid bath oil or lotion on arms and back the day of testing.
- You may eat normally before your appointment.
- Do not come for testing if you are sunburned. It makes the testing very uncomfortable and the results are difficult to see.
- If you may be pregnant please notify the Allergy department prior to your appointment.
- If you are sick (fever, cold symptoms, cough, asthma flare) call the Allergy department. We can complete your evaluation, but skin testing will be done when you are well.

Some medications interfere with skin testing and can make skin tests less accurate. These medications must be stopped before your skin testing appointment. If you have any questions about your medication please call the Allergy department.

**Do not** stop taking your asthma medications including montelukast (Singular) and inhalers.

**Stop 5 days before your appointment:**
- fexofenadine (Allegra, Allegra-D), hydroxyzine (Atarax, Vistaril), cetirizine (Zyrtec, Zyrtec-D), azelastine (Asthelin)

**Stop 3 days before your appointment:**
- diphenhydramine (Benadryl, Simply Sleep, Unisom), chlorpheniramine (Chlor-Trimeton), desloratadine (Claritin), loratadine (Clarithin, Claritin-D), brompheniramine (Dimetapp, Bromfenex), promethazine (Phenergan), clemastine (Tavist, Antihist), any over the counter medications for cough, allergy, cold, hayfever, motion sickness or “nighttime PM” main medications.

**Stop 24 hours before your appointment:**
- Famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatadine (Axid). You may continue to take other antacids that are aluminum, magnesium hydroxide or calcium based such as Gaviscon, Maalox, Milk of Magnesia or Tums.

**Do not** stop taking prednisone, methylprednisolone, prednisolone, pseudoephedrine (Sudafed), steroid nasal sprays (Nasarel, Beconase AQ, Flonase, Nasalide, Nasalcrom, Nasonex, Rhinocort), saline nasal sprays and washes.

**Notify the allergy department if you take:**
- amitriptyline (Elavil), imipramine (Tofranil), doxepin (Sinequan), desipramine (Norpramin), nortriptyline (Pamelor), protriptyline (Vivactil), mirtazapine (Remeron), albutolol (Sectral), atenolol (Tenormin), betaxolol (Kerlone), bisoprolol (Zebeta), carvedilol (Coreg), labetolol (Normodyne/Trandate), metoprolol (Lopressor/Toprol XL), nadolol (Corgard), pindolol (Visken), propranolol (Inderal), timolol.