



North Atlanta Sinus and Sleep Center

Breathe easy, live well

What You Need to Know About Your Allergy Skin Test Appointment

- It is very important to be on time for your skin test appointment. If you arrive late, we may be unable to test you due to time constraints.
- Allow 2-3 hours for skin testing. You will discuss the results with your doctor after the skin test.
- Wear comfortable clothing. You will be asked to take your top off, so do not wear a one-piece outfit.
- The first step in skin testing is a series of tiny pricks made on your back or arm with an instrument that has small toothpick like prongs each containing trace amounts of a single allergen. Your doctor determines the number of tests done according to the history you have given. Skin testing is not painful but can be somewhat uncomfortable. Some describe the prick test sensation as being “like a cat walking over the back.”
- After skin prick testing, some patients may also receive intradermal testing, where a small amount of the allergen is injected under the skin of the arm to see if it causes a reaction. The intradermal test feels like pinches.
- Swelling or redness at the skin test sites, which may appear several hours after your testing, are called "delayed reactions" and do not have any significance. Any itching associated with these reactions can be managed with steroid creams and antihistamines. This may persist for several days.
- **It is important to stay off antihistamines for seven (7) days prior to testing. Antihistamines will block the skin test reaction.** (See detailed list of medications included in New Patient Packet and on our website.)
- It is recommended you eat prior to skin testing.

Joel Hoffman M.D.

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Important Information about Allergy Skin Testing

Patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines as they will affect the results of your test. This includes both over-the-counter as well as prescription medications. Do not discontinue antidepressants/psychotropic medications or any other medications without consulting with your prescribing physician. Call your pharmacy or prescribing physician if you are unsure about the names of your medications. **Asthma medications do not affect skin testing. Do not stop your asthma medications.**

The following is a list of medications that must be STOPPED SEVEN (7) DAYS before skin testing:

| | | | |
|-----------------|-----------------|----------------------------------|------------------------|
| Actifed | Clarinet | Loratadine | Seroquel |
| Adapin | Claritin | Ludomil | Sinequan |
| Advil Allergy | Clemastine | Levocetirizine | Singlet |
| Advil PM | Clomipramine | Marezine | Sominex |
| Alavert | Cogentin | Meclizine | Sudafed Cold & Allergy |
| Allegra | Comtrex | Norpramin | Surmontil |
| Allerhist | Contac | Nortriptyline | Tacaryl |
| Allertan | Coricidin | Nyquil | Tandur |
| Amitriptyline | Cyproheptadine | Pamelor | Tavist |
| Anafranil | Desipramine | Pediacare | Temaril |
| Antivert | Dimetapp | Pediatan | Theraflu |
| Asendin | Diphenhydramine | Periactin | Tofranil |
| Ataraz | Doxepin | Phenergan | Triaminic |
| Atrohist | Dramamine | Polyhistine | Triavil |
| Aventyl | Drixoral | Promethazine | Trimipramine |
| BC Cold | Durahist | Protriptyline | Trinalin |
| Benadryl | Duratan | Pyribenzamine | Tylenol Allergy |
| Bentyl | Dytan | Remeron | Tylenol Cold |
| Benzotropin | Elavil | Resperidone | Tylenol PM |
| Biohist | Etrafon | Risperdal | Unisom |
| Bonine | Excedrin PM | Robitussin Cough, Cold & Allergy | Vicks |
| Brompheniramine | Fexofenadine | Rynatan | Vivactil |
| Carbinoxamine | Hydroxyzine | Ryneze | Xyzal |
| Cetirizine | Imipramine | Semprex | Zonolon |
| Chlortrimeton | Limbitrol | | Zyrtec |

Note: This list includes the most common antihistamines; however there may be some not listed here. Any over the counter medications with the word "Allergy", most over the counter cough and cold medications, and over the counter sleep medications may affect testing and should be stopped prior to your appointment. If you have any questions, please call us at 770-292-3045

The following medications must be STOPPED TWO (2) DAYS before skin testing:

GI MEDICATIONS (for reflux and indigestion)

| | | | |
|------------|------------|------------|---------|
| Axid | Famotidine | Pepcid | Tagamet |
| Cimetidine | Nizatidine | Ranitidine | Zantac |

ANTIHISTAMINE NASAL SPRAYS

| | | |
|------------|----------|---------|
| Azelastine | Astepro | Dymista |
| Astelin | Patanase | |