

## Allergy Skin Testing

Thank you for entrusting us with you and your family's medical care. We look forward to helping you with your allergies and to guide you through the various treatment options. An allergy skin test is an important first step. It is easy to perform, is pain free and is done in the office for your convenience. This will give us immediate results that can help pinpoint your allergies. This can be done for environmental and food allergies.

The goal of an allergy test is to identify the presence, type, and severity of allergies, which are abnormal responses your body has to certain substances in the environment. Allergies can cause many ear, nose, and throat disorders, as well as other symptoms such as swallowing issues, asthma, and hives.

Allergy skin testing is typically performed on the forearm or back and takes approximately 90 minutes. This test is done on both adults and children of most ages.

There are many medications that can interfere with allergy 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 your prescribing physician.**

### **Medications that Interfere with Allergy Testing (Hold 7 days prior)**

Benadryl (Diphenhydramine)	Doxepin
Allegra (fexofenadine)	Desipramine
Zyrtec (cetirizine)	Imipramine
Claritin (loratadine)	Nortriptyline
Aller-Chlor (chlorpheniramine)	Trimipramine
Xyzal (levocetirizine dihydrochloride)	Clomipramine
Astelin (Azelastine) nasal spray	Klonopin (clonazepam)
Actifed Sinus Day	Midazolam
Patanase/Patanol (olopatadine) nasal spray	Valium (diazepam)
Tylenol PM/Advil PM	Xanax (alprazolam)
Phenergan (promethazine)	Ativan (lorazepam)
Atarax (hydroxyzine)	Pepcid (famotidine)
Antivert (meclizine)	Vantin
Nyquil	Axid (nizatidine)
Diemtapp	Zantac (ranitidine)
Dymista	Tagamet (cimetidine)

### **Beta Blockers: Metoprolol, Timolol, Atenolol, Labetalol, Propanolol**

Patients who take medications known as beta blockers are considered to be at higher risk for side effects related to allergy skin testing. These medications are used to treat high blood pressure, migraines, glaucoma and other conditions.

***Please be sure to let us know beforehand so we can consider holding off on allergy skin testing***

We look forward to performing your allergy skin testing. If you have any questions regarding medications, or testing technique please do not hesitate to speak with our allergy department at (978) 997-1550, Option 6.