

Skin Test Information

Procedure Description:

What To Expect:

Allergy skin testing involves a little plastic prick/scratch to a series of allergies on your back for airborne and food allergies. For insect sting allergies and to double-check certain airborne allergies, a series of tiny needle pokes just under the skin of your arm is done (like a mini-TB skin test). For young children we do limited testing to minimize discomfort, including the use of a multi tester (one application covers 10 different tests at one time). A positive test results in a mosquito bite-like area where the test was applied.

Pre procedure:

Please hold all prescription ANTIHISTAMINES ONE WEEK before testing (FEXOFENADINE, CLARINEX, XYZAL) as well as over the counter LORATADINE (Claritin, etc) and CETIRIZINE (Zyrtec, etc). Hold other over the counter antihistamines at least 3 DAYS prior (benadryl, chlorpheniramine, etc). DO NOT STOP ASTHMA MEDICINES, OR NON-ALLERGY MEDICATIONS like high blood pressure or heart medicines. DO NOT STOP nasal sprays or singulair. Hold Zantac or other similar reflux medicine 2 days prior (Prilosec is OK to take). CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS. IF YOU ARE TOO UNCOMFORTABLE (particularly patients with hives), RESTART YOUR ANTIHISTAMINE AND WE WILL REVIEW OPTIONS WHEN YOU COME IN FOR YOUR APPOINTMENT.

Postprocedure:

A small amount of steroid cream and an dose of an antihistamine may be used for positive the skin tests, and can help if continued irritation over the following day or 2.