

## Patient Instructions for Skin Testing

Your provider has ordered an allergy test for you.  
Your appointment has been made for:

\_\_\_\_\_ at \_\_\_\_\_  
(date) (time)

<b>Foulkstone Plaza:</b> 1401 Foulk Road, Suite 205 Wilmington, DE 19803
<b>Greenville:</b> 1011 Centre Rd, Suite 200 Wilmington, DE 19805
<b>Newark / Iron Hill:</b> 700 Prides Crossing, Suite 200 Newark, DE 19713
<b>Middletown Crossing:</b> 306 East Main Street Middletown, DE 19709

Allergy skin testing is done to help determine what may be causing your allergy symptoms. Solutions of allergens (e.g. pollen, dust, molds, animals, foods, medications) are pricked or injected into the top layers of the skin. A positive reaction resembles a mosquito bite and typically resolves within an hour.

- Testing may take up to an hour or longer, depending on what you are being tested to and your response to the testing.
- Please wear a loose-fitting, short-sleeved or sleeveless shirt, as we typically perform skin testing on both the upper and lower arms. Sometimes the skin of the upper back is also used.
- You may eat as usual prior to skin testing, but there are certain medications/supplements you need to avoid in advance. Please see below for more detailed instructions.
- After the testing, your provider will review your results with you either same-day or at your next scheduled appointment.
- Occasionally local swelling at a test site will begin 4 to 8 hours after the skin tests are applied - these reactions are not serious and will disappear over the next week or so.

## General Reminders

- Please be aware that if you fail to arrive for your appointment on time, you will be rescheduled.
- Please notify our office **at least 48 hours in advance** if you are unable to keep your appointment to allow for the scheduling of other patients.
- Please bring your **insurance card** and **photo ID**.
- Please call your insurance company and **verify coverage** for allergy testing prior to your appointment.
- If your health insurance requires a **referral form** from your primary care physician, it must be presented at the time of service or received in our office prior to the appointment time. The referral must specify "Allergy Testing, Treatment, and Serum".
- Please let us know if you are **pregnant** or could be pregnant.

**\*\*\* PLEASE TURN OVER FOR DETAILED MEDICATION INSTRUCTIONS \*\*\***

**Please STOP taking all of the following medications 7 days prior to test unless otherwise noted in parenthesis below:**

- |   |  |  |
|---|--|--|
| <p>1<sup>st</sup> Generation Oral Antihistamines:</p> | <ul style="list-style-type: none"> <li>• acrivastine (e.g. Semprex-D)</li> <li>• brompheniramine (e.g. BroveX, Dimetane, Lodrane)</li> <li>• carbinoxamine (e.g. Karbinal ER, Histex Pd, Palgic, Pediatex)</li> <li>• chlorpheniramine (e.g. Ahist, Chlor-Allergy, Chlor-Mal, ChlorTrimeton, Effidac-24, Histex, Ridraman)</li> <li>• chlorpromazine (e.g. Thorazine)</li> <li>• clemastine (e.g. Allerhist-1, Tavist-1) <b>(stop 10 days prior)</b></li> <li>• cyproheptadine (e.g. Periactin) <b>(stop 10 days prior)</b></li> <li>• dexchlorpheniramine (e.g. Polaramine)</li> <li>• dimenhydrinate (e.g. Dramamine)</li> </ul> | <ul style="list-style-type: none"> <li>• dexchlorpheniramine (e.g. Polaramine)</li> <li>• dimenhydrinate (e.g. Dramamine)</li> <li>• diphenhydramine (e.g. Benadryl, Tylenol PM, Ibuprofen PM, ZzzQuil) <b>(stop 3 days prior)</b></li> <li>• doxylamine succinate (e.g. Nyquil, Unisom)</li> <li>• hydroxyzine (e.g. Atarax, Rezine, Vistaril) <b>(stop 10 days prior)</b></li> <li>• meclizine (e.g. Antivert, Bonine)</li> <li>• mizolastine (e.g. Mizollen, Mistamine)</li> <li>• phenindamine (e.g. Nolahist)</li> <li>• promethazine (e.g. Phenergan)</li> <li>• triprolidine</li> </ul> |
| <p>2<sup>nd</sup> Generation Oral Antihistamines:</p> | <ul style="list-style-type: none"> <li>• cetirizine (Zyrtec)</li> <li>• levocetirizine (Xyzal)</li> <li>• fexofenadine (Allegra)</li> <li>• loratadine (Claritin, Alavert)</li> <li>• desloratadine (Clarinex)</li> </ul>  |  |

\*\*\* Please read the labels of any prescribed or over-the-counter **allergy, cold/flu, motion sickness, or sleep** medications to ensure it does not contain an antihistamine as listed above

<p>Antihistamine Nasal Sprays: <b>(stop 3 days prior)</b></p> <ul style="list-style-type: none"> <li>• azelastine (Astelin, Astepro, Dymista)</li> <li>• olopatadine (Patanase)</li> </ul>	<p>Antihistamine Eye Drops: <b>(stop 3 days prior)</b></p> <ul style="list-style-type: none"> <li>• alcaftadine (Lastacaft)</li> <li>• azelastine (Optivar)</li> <li>• bepotastine (Bepreve)</li> <li>• emadastine (Emadine)</li> <li>• epinastine (Elestat)</li> <li>• ketotifen (Zaditor, Alaway)</li> <li>• pheniramine (Naphcon, Opcon-A, Visine-A)</li> <li>• olopatadine (Patanol, Pataday, Pazeo)</li> </ul>
<p>Acid / Heartburn Relief: <b>(stop 1 day prior)</b></p> <ul style="list-style-type: none"> <li>• famotidine (Pepcid)</li> <li>• nizatidine (Axid)</li> <li>• ranitidine (Zantac)</li> </ul>	<p>Herbal Supplements:</p> <ul style="list-style-type: none"> <li>• feverfew</li> <li>• saw palmetto</li> <li>• green tea</li> <li>• St John’s Wort</li> <li>• licorice</li> </ul>

**Please CONTINUE taking any of the following medications:**

<b>Continue...</b> Inhaled Asthma Medications:	any inhaler (e.g. Flovent, Qvar, Asmanex, Pulmicort, Advair, Symbicort, Breyna, Dulera, AirDuo, Wixela, Breo, Trelegy)
<b>Continue...</b> Oral Asthma Medications:	montelukast (Singulair), zafirlukast (Accolate), zileuton (Zyflo)
<b>Continue...</b> Nasal Steroid Sprays:	fluticasone (Flonase), mometasone (Nasonex), triamcinolone (Nasacort), budesonide (Rhinocort), ciclesonide (Omnaris)
<b>Continue...</b> Nasal Decongestant Sprays:	oxymetazolin (Afrin), ipratropium bromide (Atrovent)
<b>Continue...</b> Oral Decongestants/Expectorants:	pseudoephedrine, phenylephrine, guaifenesin (Mucinex)
<b>Continue...</b> Proton Pump Inhibitors (for acid reflux):	omeprazole, pantoprazole, esomeprazole
<b>Continue...</b> Oral Steroids:	Prednisone, prednisolone, methylprednisolone, cortisone, dexamethasone, hydrocortisone

**Medications needing special consideration**

Do **NOT** stop without talking to your allergy provider and prescribing physician:

- Xolair, Dupixent or other **biologic therapies** for allergic conditions like asthma, eczema
- **Psychiatric medications** such as amitriptyline, quetiapine, doxepin, and imipramine

Please discuss PRIOR TO your testing appointment. Your allergy provider can help decide if you need to stop these medications or if an alternative method of allergy testing should be considered.

When in doubt, please call the office at (302) 998-0300

We look forward to seeing you at your allergy testing appointment!