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Allergy Skin Test Instructions

Skin testing is a procedure that helps identify substances (allergens) that cause an allergic reaction. Drops of allergy extracts are applied to the skin of you back with a sterile, disposable plastic device that pricks the outer surface of the skin. Skin test reactions are evaluated about 20 minutes after they are placed on the skin **Be prepared to stay 1½ hours for the testing.** Certain medications interfere with the testing.

Please avoid taking the medications below for the specified length of time before your appointment.

These long lasting antihistamines and antidepressants **should not be taken 5 days prior to testing:**

loratadine (Clartin[®], Clarinex[®], Alavert[®])

azelastine (Astelin[®] Nasal Spray)

cetirizine (Zytrec[®])

fexofenadine (Allerga[®])

hydroxyzine (Atarax[®], Vistaril[®])

Tricyclic antidepressants: **amitriptyline, desimpramine, doxepin, imipramine** (Trofranil[®]),
nortriptyline, and also **trazadone, Xanax[®]**

These short-acting antihistamines **should not be taken at least 3 days prior to testing:**

azatadine (Optimine, Trinalin)

brompheniramine (Bromfed[®], Dimetapp[®] products, Robitussin[®] products)

carbinoxamine (Rondec[®], Cardec[®])

chlorpheniramine

clemastine (Tavist[®], Contac[®])

cyproheptadine (Periactin[®])

diphenhydramine (Benadryl[®], Somnex[®], Unisom[®])

doxylamine (NyQuil[®], AlkaSelzer Plus[®], Tylenol Flu Night Time[®])

phenindamine (Nolahist[®], Nalamine[®], Triaminic[®] products)

tripoline (Actifed[®])

Stop taking these medications 24 hours before testing:

Singular[®], Accolade[®], Zyflo[®], Tagamet[®], Zantac[®], Pepcid[®], Axid[®]

Continue taking your other medications—including antibiotics, SSRI antidepressants (Celexa[®], Prozac[®], Paxil[®], Zoloft[®]), seizure medicines, proton pump inhibitors (such as Prevacid[®], Prilosec[®], Nexium[®]) and INHALED steroids.

If unsure go to www.medicinenet.com and see if your medicine has an antihistamine or please call the clinic at 303.773.9000.