



## Patient Information - Allergy Skin Testing Considerations

You have been scheduled for allergy skin testing. Please fill prescriptions and bring the epinephrine injection (Epi-pen) with you on the day of testing. If you do not have your epinephrine injection, this will cause delay in testing and you will have to reschedule for another time.

Once testing begins, plan to be in our office for approximately 1 hour. If needed, we will provide you with a work/school excuse note.

Attached is a sample list of medications that interfere with skin testing. If you are taking any of these medications, please call the office to speak with one of our healthcare providers or nurses for further instructions.

- You must be off all anti-histamines for one (1) week prior to testing (see list for names).
- **If you are taking a medication in the beta-blocker class, our policy is that we cannot perform skin testing on you because of the complications this medication may cause in the event of an emergency. NOTE: Never stop one of these medications without first discussing with the physician that prescribed it.**
- If you are taking certain anti-depressants/mood stabilizers (see list), these may interfere with skin testing results and therefore we cannot test you unless you provide documentation from the prescribing physician that it is safe to stop. NOTE: Never stop one of these medications without first discussing with the physician that prescribed it.
  - ▶ If you are taking medications that interfere with skin testing and still wish to be allergy tested, you will need to provide written permission from the prescribing doctor stating it is safe for you to stop these medications.

**Prior to your skin test appointment please let our healthcare providers know:**

1. If you are taking any beta blockers or antidepressants. Beta Blockers may worsen allergic reactions and may prevent adrenalin (epinephrine) from reversing anaphylaxis (shock).
2. If you are pregnant.
3. If you have: fever, wheezing, shortness of breath, chest cold, or are using your rescue inhaler more than two times a week. Skin testing will be rescheduled if your asthma is not well controlled.
4. Any medications including over the counter medications you are taking (bring a list if necessary).

All medications for Asthma, including inhalers, should be taken unless otherwise directed by your physician. If you are taking expectorants/decongestants as well as nasal steroids you may continue.

There are no food or beverage restrictions prior to testing; in fact, we encourage you to eat prior to testing. You will be able to drive at the completion of testing. Please remember to wear a short sleeved or sleeveless shirt for testing.

Since this is a popular form of testing, we ask that you please cancel your appointment at least 3 days ahead of time. Please call our office anytime with questions.