



INSTRUCTIONS FOR SKIN TESTING

Department of Allergy and Immunology

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 your upper back with a sterile, disposable plastic device that pricks the outer surface of your skin. After this first phase of skin testing, small doses of allergy extracts may be injected into the skin of your upper arm. You will be asked to wait 15 minutes between each set of skin tests so that reactions to the skin test can be evaluated. A remote possibility is that you may experience congestion, sneezing, coughing, or itchy eyes during or after the testing. If you experience these symptoms, we will observe you for an additional period of time.

Skin testing takes approximately 1 hour. At another appointment on the same day, your physician will review the results of allergy testing with you and will recommend the most suitable treatment for you.

Preparation for Skin Testing

Important Information

- **All medications for asthma, including inhalers, should be taken unless otherwise directed by your physician.**
- **Medications that do not interfere with skin testing should be taken as scheduled.**
- **Children must be accompanied by an adult.**
- **Please have something to eat before testing.**
- **Please avoid sunburn prior to skin testing.**
- **Certain medications interfere with an accurate response to the skin test and should not be taken before testing.**
- **You may resume all medications following skin testing.**

Medications to avoid include prescription and over-the-counter antihistamines and antihistamine containing medications, such as:

Zyrtec® (cetirizine) and hydroxyzine hydrochloride (Atarax® or Vistaril®) should not be taken for at least 7 days before skin tests.

Clarinetx® (desloratadine) should not be taken for at least 6 days before skin tests.

Fexofenadine (Allegra®, Allegra-D®) should not be taken for at least 4 days before skin tests.

Loratadine (Claritin®, Alavert®) should not be taken for at least 4 days before skin tests.

Over-the-counter allergy, cold, cough, pain relief, nasal sprays, sleep aids or motion sickness products may contain antihistamines. Doses of vitamin C (ascorbic acid) greater than 500mg per day may also interfere with skin testing.

A partial listing of antihistamines or antihistamine-containing compounds that should be avoided can be found on the reverse.

If you encounter any problem in following these instructions or a situation that does not appear to be covered here, please call the Department of Allergy and Immunology at (781)744-8442. These instructions may also be found on the Lahey Clinic website at <http://lahey.org/PDF/Allergy/SkinTestInstr.pdf>.

In general, over-the-counter antihistamines should not be taken for 48 hours before skin tests.
*Stop Alavert® and Claritin® for 4 days before skin testing.

Brand name antihistamines and antihistamine containing preparations:

Actidil®	Dimetapp®	Novahistine®	Sleep-Eze®
Acitfed®	Dramamine®	Nytol®	Sleepinal®
Ah Chew®	Dristan®	Patanol®	Sominex®
*Alavert®	Drixoral®	PediaCare®	Sudafed Cold & Allergy®
Albalon-A®	Efidac 24®	Periactin®	Sudafed Plus®
Alka Seltzer Plus Cold®	Emadine®	Phenergan®	Tacaryl®
Allerest®	Excedrin PM®	Poly-histine®	Tavist®
Antivert®	Extendryl®	Robitussin Night Relief®	Temaril®
Astelin® nasal spray	Extra Strength Doan's PM®	Rondec®	Triaminic®
Atrohist®	4-Way® nasal spray	R-Tanna®	Trinalin®
Benadryl®	Fedahist®	Ryna®	Tussafed®
Bonine®	Histadyl®	Rynatan®	Tussionex®
Bromfed-PD®	Histalet®	Semprex-D®	Tylenol Cold®
Bufferin A.F. Nite Time®	Histaplex®	Sinarest®	Tylenol PM®
Chlor-trimeton®	Histatab®	Sine-Off®	Tylenol Sinus®
*Claritin®	Hista-vent®	Sino-eze II®	UltraBrom PD®
*Claritin-D®	Hycomine Compound®	Sino-tussin®	Unisom®
Comhist®	Isoclor®	Sinumed®	Vasocon - A®
Comtrex®	Kronofed®	Sinu-prep®	Vicks NyQuil®
Contact®	Livostin®	Sinus®	Vicks Formula 44 Cough®
Coricidin®	Novadyne®	Sinuson®	Vitamin C (>500mg/day)
Deconamine®	Novafed A®	Sinutab®	

Common generic antihistamines: acrivastine, azatadine, azelastine, brompheniramine, chlorpheniramine, clemastine, cyproheptadine, dexbrompheniramine, diphenhydramine, fexofenedine, loratadine, meclizine, pheniramine, promethazine, pyrilamine, triprolidine

THE FOLLOWING MEDICATIONS SHOULD NOT BE STOPPED WITHOUT INSTRUCTIONS FROM THE PRESCRIBING PHYSICIAN. Please let us know if you are currently taking any of these medications that may interfere with skin testing.

Nardil® (phenelzine), and Parnate® (tranylcypromine) and other MAO inhibitors

Elavil® or Endep® (amitriptyline), Tofranil® (imipramine), Sinequan® or Adapin® (doxepine), and Norpramin® (desipramine) and other tricyclic antidepressants

Thorazine® (chlorpromazine), Haldol® (haloperidol), Prolixin® (fluphenazine), Navane® (thiothixene), Trilafon® (perphenazine), Stelazine® (trifluorperazine), Loxitane® (loxapine), Moban® (molindone), Mellaril® (thioridazine), and Serentil® (mesoridazine)

Seroquel® (quetiapine), Zyprexa® (olanzapine), Geodon® (ziprasidone), Remeron® (mirtazapine), Abilify® (aripiprazole) and Risperdal® (risperidone)