

Allergy Skin Testing

Allergy skin tests help find out if you have any allergies and how they can best be treated. Plan to spend two hours at the clinic when you have these tests.

Getting Ready

Do not take any prescription or over-the-counter antihistamines (allergy or cold medications) or decongestants for at least 72 hours (three days) before the test. If you use an inhaler for asthma you may use it if needed. If you have any questions about taking a medication, call the clinic.

If you take one of these medications please call 3D – Allergy Clinic (612) 725-2288 and ask to speak to one of the allergy nurses:

- Hismanol (astemizole)
- Atarax or Vistaril (hydroxyzine)
- Beta-Blockers
 - Lopressor (metoprolol)
 - Tenormin (atenolol)
 - Inderal (propranolol)
- Tricyclic Antidepressants
 - Doxepin
 - Elavil (amitriptyline)
 - Desipramine

Types of Skin Testing

There are two kinds of skin tests.

Prick tests are done on your back. You will lie on your stomach for fifteen minutes. First the skin on your back is cleaned with alcohol. Then your back will be pricked several times with needle-like devices that hold a type of extract. These extracts contain small amounts of things you might be allergic to, for example: different types of trees, grasses, weeds, molds, dust, and animal dander. After fifteen minutes, you will have a small reaction (like a mosquito bite) if you are allergic to the extract. Your reactions will be measured and your allergist will decide if you need more testing.

Intradermal testing is done only after a prick test. This test is done on your arm(s). Your allergist decides what kinds of extracts to use. After your arm is cleaned with alcohol, a small amount of extract is placed under your skin. After fifteen minutes your reactions, if any, are recorded. When your intradermal testing is finished the allergist will talk to you and schedule a follow-up appointment in the Allergy Clinic, if needed.

(over)

Remember

Skin testing cannot be done if you have taken any cold or allergy medication within 72 hours (three days) before your appointment. These medications can cause a negative reaction.

This is a list of commonly used antihistamines and decongestants. All of these medications *must* be stopped 72 hours (3 days) before your skin test appointment.

Actifed (triprolidine pseudoephedrine)	Napril
Allegra (fexofenadine)	Nolamine (chlorpheniramine, phenindamine and phenylpropanolamine)
Allerest	Novahistine (chlorpheniramine and phenylephrine)
A.R.M.	NyQuil
Atarax (hydroxyzine)	Optimine (azatadine)
Benadryl (diphenhydramine)	Ornacol
Bromatapp (brompheniramine and phenylpropanolamine)	Ornade (chlorpheniramine and phenylpropanolamine)
Chlor-Trimeton (chlorpheniramine)	Ornex
Claritin (loratidine)	PBZ (tripelenamine)
Contact	Periactin (cyproheptadine)
Coricidin	Phenergan (promethazine)
CPM (chlorpheniramine)	Polaramine
DayQuil	Rhinex
Deconamine (chlorpheniramine and pseudoephedrine SR)	Rondec (carbinoxamine and pseudoephedrine TR)
Demazin	Rynatan
Dimetapp (brompheniramine and phenylpropanolamine)	Seldane (terfenadine)
Dimetane	Sine-Aid
Dramamine (dimehydrinate)	Sinulin
Dristan	Tacaryl
Drixoral	Tavist (clemastine fumarate)
Extendryl	Teldrin
Fedahist	Triaminic
Histabid	Triaminicin
Histadyl	Tussagesic
Histaspan	Vistaril (hydroxyzine)
Isoclor	Zyrtec
Naldecon (chlorpheniramine, phenyltoloxamine and phenylpropanolamine)	

Questions

Please call 3D – Allergy Clinic if you have any questions. The phone number is (612) 725-2288.

