



Gina Dapul-Hidalgo, MD
Family Center for Allergy and Asthma

Instructions for Allergy Skin Testing and Medication Review

Allergy skin testing is done to assist your allergist in determining what may be causing your symptoms. A very small amount of certain allergens is placed into your skin by making a small indentation or “prick” on the surface of your skin. The tested area of the skin is observed for about 15 minutes to see if a reaction develops. A wheal, which is a raised, red and itchy bump that resembles a small mosquito bite, indicates the presence of the allergy antibody when you come into contact with a specific allergen. Positive and negative skin tests must be correlated with your clinical history and physical findings to determine the test’s relevance.

You generally won’t have any other symptoms besides the small hives where the tests were done, which go away within 30 minutes. If your prick skin tests are negative and your physician still suspects you might have allergies, more sensitive “intradermal” tests may be used in which a small amount of allergen is injected within the skin.

It is important to continue taking all of your other medications including asthma inhalers, Singulair (montelukast), and steroids as prescribed. If you are having problems with your breathing, such as cough, wheeze, or shortness of breath, skin testing may be held until your symptoms are under better control.

Antihistamines are medications used mostly for the treatment of allergy symptoms, itching, sleep disorders, motion sickness, and other medical conditions. **ALL ANTIHISTAMINES must be stopped 5-7 days prior to your appointment** since these may affect the accuracy of the test results.

Here is a list of common antihistamines:

Diphenhydramine (Benadryl)	Doxepin	Doxylamine (Unisom)
Loratadine (Claritin, Claritin-D, Alavert)	Brompheniramine (Dimetane, Rondec)	Meclizine (Bonine)
Fexofenadine (Allegra, Allegra-D)	Azatadine (Trinalin)	Phenindamine (Nolahist, Thephorin)
Cetirizine (Zyrtec, Zyrtec-D)	Carbinoxamine (Palgic)	Promethazine (Phenergan, Phenadoz)
Desloratadine (Clarinex, Clarinex-D)	Clemastine (Dayhist)	Tripelennamine (Pyribenzamine)
Levocetirizine (Xyzal)	Cyproheptadine (Periactin)	Tripolidine (Trifed)
Hydroxyzine (Atarax, Vistaril)	Dexchlorpheniramine (Polaramine)	
Chlorpheniramine (Chlor-Trimeton, Atrohist, Deconamine, Rynatan)	Dimenhydrinate (Dramamine)	



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Over-The-Counter Allergy, Cold, and Sleep Medications:

Actifed	Coricidin	Sudafed Allergy, Nighttime
Advil PM, Allergy or Multi-Symptom Cold & Flu	Dimetapp	Theraflu products
Alka-Seltzer Plus Cold, Flu	Drixoral	Triaminic
Allerest	Nyquil	Tylenol Plus, Cold, Allergy, PM or Nighttime products
Comtrex	Robitussin Cold & Cough, Cough & Allergy	Unisom
Contac Cold + Flu	Sine-off	Zicam

Nasal Sprays and Eye drops:

Azelastine nasal spray (Astelin)	Olopatadine nasal spray or eye drops (Patanase, Patanol, Pataday)
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All Over-The-Counter Antacids should not be taken on the day of your appointment. Examples include: Famotidine (Pepcid), Cimetadine (Tagamet) and Ranitidine (Zantac)

Stop any homeopathic treatment of Essential Oils used for treatment of allergies 5-7 days prior to your appointment.

Tricyclic antidepressants, such as Amitriptyline (Elavil), Doxepin (Sinequan), Desipramine (Norpramin), Imipramine (Tofranil), Clomipramine (Anafranil) and Nortriptyline (Pamelor), may also interfere with allergy testing.

Thank you for taking the time to review these instructions. If you have any additional questions or concerns regarding these instructions, please contact our staff at 240-243-6115.