

ALLERGY SKIN TESTING

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Full Skin Testing requires one appointment lasting approximately 75 minutes. Your skin testing appointment includes an in-depth environmental allergy consultation and a thorough overview of our immunotherapy program. **Please restrict exercise two (2) hours prior to testing. If testing is positive, you will need to refrain from exercise for the rest of the day.**

APPOINTMENT DATE: SKIN TEST _____ AT _____

Medication Restrictions:

1. No aspirin products 4 days prior to testing. **(Tylenol is ok)**
2. No ibuprofen (Advil, Motrin, Nuprin, Aleve) or ibuprofen- containing products or anti-inflammatory medications (Celebrex) for 4 days prior to testing.
3. No Antihistamines (Xyzal, Allegra, Zyrtec, Benadryl) for 4 days.
4. No over-the-counter sleep aids (they contain Benadryl) for 4 days.
5. No Oral Steroids (Prednisone, Dalalone, etc.) for 4 days prior to testing.
6. No Astelin, Astepro or Patanase nose spray for 4 days.
7. If you are on antidepressants please contact our office.
8. **WE DO NOT TEST PATIENTS TAKING BETA BLOCKERS.**
9. Herbal supplements; Licorice, Saw Palmetto, St. John's Wort, Feverfew, Milk Thistle and Astragalus for 4 days.
10. **No Green Tea for 4 days prior to testing.**
11. No Zantac for 4 days to testing.
12. No Prevacid, Prilosec, or Protonix the day of testing.
13. No steroid injections such as:
 - a. Depo-Medrol or Kenalog for 6 weeks prior to testing
 - b. Decadron for 3 days
 - c. Celestone for 4 weeks prior to testing.
14. Restrict Singulair for 4 days.

You will want to wear a short-sleeved shirt that can be rolled up to expose your upper arm where the testing is performed.

