Allergy Skin Testing

Allergy skin testing is one of the main diagnostic tools of an Allergist/Immunologist. The symptoms due to allergies can manifest in many ways. In addition to the runny nose, sore throat, tearing, and sinus headaches that are usually thought of as the symptoms of allergies, allergies can greatly contribute to other diseases and illnesses as well.

Allergies are associated with health issues such as sleep problems, depression, ADD and ADHD, migraine headaches, irritable bowel, hypertension, and has an especially high correlation with asthma.

Skin testing provides the Allergist with a very specific and sensitive test to diagnosis which airborne allergens are involved in your symptoms. Our Allergists are testing you for a variety of pollens and environmental allergens specific for this region of Texas. These tested allergens will include trees, grasses, weeds, mold, dust mites, cat, dog, and other environmental.

There are two procedures performed during a skin test. The first procedure is a prick/scratch test where a prick/scratch device that has a small amount of allergen extract on it is used to prick the skin on your back.

The second procedure is called an intradermal, which is performed on your arms. Intradermals are an injection of a small amount of allergen directly beneath the skin, and are usually done if you test negative to an allergen on the prick test. Each portion of the test takes approximately 30 minutes.

Preparation Instructions for Allergy Skin Testing

To ensure your test results are accurate it is important that you discontinue certain medications before testing. On the left in bold is the chemical name for each drug. To the right are name brand and generic names in which that the drug may be found. There are too many drugs that contain antihistamine to list each one here, but this should be an exhaustive list of the antihistamines that you are to discontinue prior to skin testing.

Below is a list of medications that need to be discontinued.

Discontinue **3 weeks** prior to testing:

- **Amitriptyline**: Elavil, Tryptanol, Endep, Elatrol, Tryptizol, Trepiline, Laroxyl
- **Amoxaine**: Asendin, Asendis, Defanyl, Demolox, Moxadil
- **Doxepin**: Aponal, Adapine, Sinquan, Sinequan, **Zonalon**, Xepin, Silenor
- **Imipramine**: Tofranil, Antideprin, Deprenil, Deprimin, Deprinol, Depsonil, Dynaprin, Euprarin, Imipramil, Irmin, Janimine, Melipramin, Surplix
- **Nortriptyline**: Sensoval, Aventyl, Pamelor, Allegron, Nortrilen
- **Protriptyline**: Vivactil

Discontinue **10 to 14 days** prior to testing:

- **Azelastine**: Astelin
- **Hydroxyzine**: Vistaril, Atarax, Rezine, Equipose, Masmoran, Paxistil, Vistaril Pamoate, Alamon, Durrax, Tran-Q, Orgtrax, Quies, Vistaril Parenteral, Tranquizine
- **Olopatadine**: Patanase

Discontinue **3 days** prior to testing:

- All OTC drugs that say "PM", "Bed time", "Night time"
- All OTC drugs that say "Sinus", "Cold", "Allergy"
- All Eye Drops that Contain Antihistamine – Product may mention reducing redness
- **Antazoline**: Albalon-A, Antazoline-V, Vasocon-A (Eye Drops)
- **Azatadine**: Trinalin Repetabs
- **Bromazine/Bromodiphenhydramine**: Ambenyl, Amgenal
- **Brompheniramine**: Dimetapp, generic Dimetapp medications
- **Carbinoxamine**: Clistin, Palgic, in many liquid medications
**Discontinue 24 hours prior to testing:**

| Cimetidine: Tagamet |
| Ranitidine: Zantac |
| Famotidine: Pepcid |
| Vitamin C: Doses higher than 500 mg per day |

*Asthmatic Patients may continue your asthma medications to include your inhalers and maintenance medications*