



Patient Instruction

CONSENT FORM FOR ALLERGY SKIN TESTING

Skin Test:

Skin tests are methods of testing for allergic antibodies. A test consists of introducing small amounts of the suspected substance, or allergen, into the skin and noting the development of a positive reaction (which consists of a wheal, swelling, or flare in the surrounding area of redness). The results are read at 15 to 20 minutes after the application of the allergen. The skin test method to be performed:

Prick (Scratch) Method:

The superficial layer of the skin is pricked (scratched) and a drop of allergen extract is placed on the surface of the skin.

Interpreting the clinical significance of the skin tests requires skillful correlation of the test results with the patient's clinical history. Positive tests indicate the presence of allergic antibodies and are not necessarily correlated with clinical symptoms.

You will be tested to important environmental airborne allergens. These include trees, grasses, weeds, molds, dust mites, and animal dander. Your appointment for the skin testing generally takes 30 minutes. The scratch tests are usually performed on your arms, but may also be performed on your back. **Please wear a short sleeved shirt to your appointment.**

If you have a specific allergic sensitivity to one of the allergens, a red, raised, itchy bump (caused by histamine release into the skin) will appear on your skin within 15 minutes. These positive reactions will gradually disappear over a period of 30 to 60 minutes and, typically, no treatment is necessary for this itchiness. Your technician will apply topical anti-itch medication to the test sites to alleviate any discomfort. Occasionally, local swelling at a test site may begin 4 to 8 hours after the skin tests are applied. These reactions are not serious, but should be reported to your physician at your next visit.

DO NOT

- No prescription or over-the-counter oral antihistamines should be used **5 days prior to your scheduled skin testing**. These include cold tablets, sinus tablets, hay fever medications or oral treatments for itchy skin, over-the-counter allergy medications, such as Claritin, Zyrtec, Allegra, Actifed, Dimetapp, Benadryl and many others. Prescription antihistamines such as Clarinex and Xyzol should also be stopped at least **5 days prior to testing**. If you have any questions whether or not you are using an antihistamine, please ask the technician or the doctor. In some instances a longer period of time off these medications may be necessary.
- You should discontinue your nasal and eye antihistamine medications, such as Lastacaft, Zaditor, Patanase, Pataday, Astepro, Optivar or Astelin at least **5 days before the testing**. In some instances, a longer period of time off these medications may be necessary. If you have any questions regarding the use of an antihistamine, please ask the technician or the doctor.
- Medications such as over-the-counter sleeping medications (e.g. Tylenol PM) and other prescribed drugs, such as amitriptyline hydrochloride (Elavil), hydroxyzine (Atarx), doxepin (Sinequan), and imipramine (Tofranil) have antihistamine activity and should be discontinued at least **5 days prior to receiving skin test** after consultation with your physician. Please make the doctor or technician aware of the fact that you are taking these medications so that you may be advised as to how long prior to testing you should stop taking them.

YOU MAY

- You may continue to use your intranasal allergy sprays such as Flonase Rhinocort, Nasonex, Nasacort, Omnaris, Veramyst and Nasarel.
- Asthma inhalers (inhaled steroids and bronchodilators), leukotriene antagonists (e.g. Singulair, Accolate) and oral theophylline (Theo-Dur, T-Phyl, Uniphyl, Theo-24, etc.) do not interfere with skin testing and should be used as prescribed.
- Most drugs do not interfere with skin testing, but make certain that your doctor and technician know about every drug you are taking including over-the-counter medications.

Skin testing will be administered at this facility under the supervision of your doctor or other health care professional since occasional reactions may require immediate therapy. These reactions may consist of any or all of the following symptoms: itchy eyes, nose or throat; nasal congestion; runny nose; tightness in the throat or chest; increased wheezing; lightheadedness; faintness; nausea and vomiting; hives; generalized itching and shock, that latter under extreme circumstances.

Please let the doctor or technician know if you are pregnant or taking beta-blockers. Allergy skin testing may be postponed until after the pregnancy in the unlikely event of a reaction to the allergy testing. Beta-blockers are medications that may make the treatment of the reaction to skin testing more difficult.

Please note that these reactions rarely occur, but in the event a reaction would occur, the staff is fully trained and emergency equipment is available.

After skin testing, you will consult with your physician, or other health care professional, who will make further recommendations regarding your treatment.

We request that you do not bring small children with you when you schedule for skin testing unless they are accompanied by another adult who can sit with them in the reception area.

I have read the patient information sheet on allergy skin testing and understand it. The opportunity has been provided for me to ask questions regarding the potential side effects of allergy skin testing and these questions have been answered to my satisfaction. I understand that every precaution consistent with the best medical practice will be carried out to protect me against such reactions.

Patient _____ Date _____

Date of Birth _____

* Parent or legal guardian _____ Date _____

* As parent or legal guardian, I understand that I must accompany my child throughout the entire procedure and visit.

PLEASE BRING A COPY OF THE SIGNED CONSENT TO YOUR APPOINTMENT

Antihistamines - First Generation Stop 5 days Prior	
Generic Name	Brand Names
Azatadine	Optimine
Bromphenarimine	BroveX, Dimetane, Lodrane
Carbinoxamine Maleate	Histex Pd, Palgic and Pediatex
Chlorpheniramine	AHIST, Aller-Chlor, C.P.M, Chlo-Amine, Chlor-Allergy, Chlor-Mal, ChlorTrimeton, Chlorphen, Effidac-24, Histex, Ridraman
Clemastine	Allerhist-1, Contact 12hr Allergy, Tavist-1
Cyproheptadine	Periactin
Dexchlorpheniramine	Polaramine
Diphenhydramine	Actifed Sinus Day, Aler-Tab, Allergy, AllergySinus, Allermax, Aler-Dryl, Altaryl, Banophren, Benadryl, Calm-Aid, Children's Allergy, Compoz Nighttime, Diphedryl, Diphen-Allergy, Diphenhist, Dormin Sleep Aide, Dytan, Dytuss, Genahist, Hydramine, Ibuprofen PM, Nu-Med, Nytol, PediaCare Children's Allergy, Q-Dryl, Quenalin, Scot-Tussin Allergy, Siladryl, Silphen, Simply Allergy, Simply Sleep, Sleep-ettes, Sleep Formula, Sleepinal, Sominex, Tavist, Theraflu, Triaminic, Twilite, Tylenol PM, Unisom, Sleep Gels, Valu-Dryl
Dimenhydrinate	Dramamine
Hydroxyzine	Atarax, Rezone, Vistaril
Ketotifen	Zatiden
Meclizine HCl	Antivert, Bonine
Methdilazine	Tacaryl
Phenindamine	Nolahist
Promethazine	Chlorpromazine, Phenergan, Promethazine, Prorex 25 & 50, Thorazine
Pryilamine	Nisaval
Trimaprazine	Tremaril
Tripelennamine	PBZ & PBZ-SR
Tripolidine	Myidyl, Zymine
Antihistamines - Second Generation Stop 5 days Prior	
Alcaftadine	LASTCAFT ophthalmic eye drop
Astemizole	Hismanal
Azelastine	Astelin, Astepro, Optivar Ophthalmic eye drops
Bepotastine	Bepreve
Cetirizine	Zyrtec
Desloratidine	Clarinex
Fexofenadine	Allegra
Loratadine	Alavert, Claritin
Levocetirizine	Dihydrochloride Xyzal
Metquitazine	Primalan, Quintadrill
Mizolastine	
Olopatadine	Patanase, Pataday and Patanol Ophthalmic eye drops, Pazeo

Tricyclic Antidepressants and Tranquilizers	If possible, stop 5 days prior **
Amitriptyline	Elavil, Endep, Etrafon, Limbitrol, Vanatrip
Amoxampine	Asendin
Clomipramine	Anaframil
Clonazepam	Klonopin
Desipramine	Norpramin
Diazepam	Valium
Doxepin	Adapin, Sinequan, Zonalon
Imipramine	Tofranil
Lorazepam	Ativan
Midazolam	Versed
Nortriptyline	Aventyl HCL, Pamelor
Protriptyline	Vivactil
Trimipramine	Surmontil

Atypical Antidepressants/Sedatives	If possible, stop 3 days prior
Bupropion	Wellbutrin
Eszopiclone	Lunesta
Mirtazapine	Remeron
Quetiapine	Seroquel
Trazodone	Oleptro
Zolpidem	Ambien

Antacids	Stop 3 days Prior
Cimetidine	Tagamet
Famotidine	Pepcid
Nizatidine	Axid
Ranitidine	Zantac

Supplements	Stop 3 days Prior
Licorice	Green Tea
Saw Palmetto	St. John'
Feverfew	

**** For patients who can't stop their anti-depressant medications as noted above, this can be modified as follows: Don't use the day prior to or the morning of testing, resume immediately after testing.**