

## Allergy Testing Protocols

Skin based allergy testing is a quick, painless in-office procedure that can be used to determine whether you have allergies to pollens, molds, pets, foods, and more. During allergy testing, the nurse or physician will introduce small amounts of allergen (called antigen) on the skin of your arms or back. This will require gentle "pricking" of the skin surface, but is not painful. The antigens will then remain on the skin surface for 15 min, and then checked for a reaction (e.g. hives, itching, discoloration). You will discuss the results with the physician, and whether allergy treatment with sublingual immunotherapy or allergy shots might be right for you.

The visit will typically take 30-45 min, and you may notice itching, redness, and raised areas on your skin for 24-48 hours after testing.

### **Avoid the Following 120 Hours (5 days) Prior to Testing:**

- 2nd generation antihistamine medications, such as Claritin, Allegra, ketotifen, etc. - Allergy medications, such as Montelukast
- Antihistamine nasal sprays
- Steroid nasal sprays
- H2 acid blocking medications, such as Pepcid AC, Zantac, etc
- Natural allergy therapies, such as quercetin, stinging nettles, butterbur, and high dose Vitamin C (> 2 grams)
- Beta Blockers\*
- Benzodiazepines, such as diazepam, lorazepam, etc.\*

### **Avoid for 1 week prior to testing:**

- Tricyclic antidepressants, like amitriptyline or nortriptyline\*
- First generation antihistamine medications, such as Benadryl

### **Avoid for 3 weeks prior to testing:**

- Topical steroid creams on arms or back

\*Talk with your doctor about alternatives prior to discontinuing any medications used for long-term symptom control (e.g., blood pressure management)