

SKIN TEST INSTRUCTION SHEET

The skin tests are administered either on the forearm/arm or on the back to determine if you have allergic diathesis. Allergen extracts are pricked on the surface of your skin by plastic devices. If the initial prick test results are negative, intradermal skin tests may be injected to your skin using very small gauge needles.

- Please avoid all antihistamine containing drugs. The following medicines are the common ones.
Actifed, Allegra, Bendaryl, Claritin, Contac, Deconamine, Dimetapp, Dramamine, Trinalin, Ornade, Periactin, Phenergan, Rondec, Tavist, Triaminic, Zyrtec
- If you are on anti-depressants, please call us for instructions.
- Do not stop taking asthma medicines including steroids.
- Continue nasal inhalers.
- If you are taking beta-blocker medicines, please notify us. Examples are some anti-high blood pressure medicines such as Atenolol, Inderal, and Lopressor or eye droppers used for glaucoma such as Timoptic or Betapacdrops.
- We cannot test if your arms or back is sunburned or infected.
- We need to postpone the tests if you are ill.

Although skin testing is generally safe, you may experience skin discomfort and rare systemic reactions such as skin itching, coughing, wheezing or even anaphylaxis. For this reason it is important that we test you under our close observation and you should let us know if you feel any untoward reactions.

I have read and understood the above instruction and agree to have the skin test done on me.

Patient's Name _____

Date: _____