



## PATIENT INSTRUCTION/CONSENT FOR ALLERGY SKIN TESTING

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

**Prick Method:** The skin is pricked with a plastic pick containing allergen solution.

**Intradermal Method:** This method consists of injecting small amounts of an allergen into the superficial layers of the skin.

**Multi-Test Method (optional):** Allergen solutions are placed on the individual prongs of a multi-prong plastic device which is placed firmly on the back for 2 to 3 seconds, then removed.

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

You may be skin tested to important Montana airborne allergens and possibly some foods. These include trees, grasses, weeds, molds, dust mites, and dander, and if needed, foods. The skin testing generally takes one hour. Prick tests will be performed on your back (or forearm) and intradermal tests will be performed on your arms. If you have a specific allergic sensitivity to one of the allergens, a red, raised, itchy hive (caused by histamine release into your skin) will appear on your skin, and typically no treatment is necessary for this itchiness. Occasionally local swelling at the test site will begin 4 to 8 hours after the skin tests are applied, particularly at sites of intradermal testing. These reactions are not serious and will disappear by the next visit. You may be scheduled for skin testing to antibiotics, local anesthetics, venoms, or other biological agents. The same guidelines apply.

### Do Not:

1. No prescription or over-the-counter antihistamines should be used 7 days prior to the scheduled skin testing. These include cold medicines, sinus tablets, hay fever medications, or oral treatments for itchy skin. Some of the names of these drugs include Actifed, Drixoral, Dimetapp, Dristan, Ornade, Benedryl, Rondec, Xyzal, Zyrtec, Claritin, Clarinex, Allegra, Tylenol PM and many others. Antihistamines are occasionally a component of allergy nasal sprays such as Azelastine (Astelin) or eye drops such as Patanol, Optivar, Naphcon A, Livostin, Zaditor or Emadine. If you have any questions whether or not you are using an antihistamine, please ask the nurse or the doctor.
2. Other prescribed drugs, such as amitriptyline hydrochloride (Elavil), nortriptyline (Pamelor) hydroxyzine (Atarax), doxepin (Sinequan), imipramine (Tofranil), and Cyclobenzaprine (Flexeril) have antihistaminic activity and should be discontinued at least two weeks prior to receiving skin tests. Bentyl (Dicyclomine) should be stopped 48 hours before testing. Please make the doctor and nurse 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. **Do not stop these medications without speaking with the prescribing physician.**



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### You May:

1. You may continue on your intranasal allergy sprays such as Verymyst, Nasonex, Flonase, Nasacort, Rhinocort, Beconase, Vancenase, or Nasalide. Afrin or Sudafed may be used temporarily but not on the day of testing. Stop Astelin or Patanase 1 week before testing.
2. Asthma inhalers Albuterol (Proventil, Venolin) Advair, Pulmicort, Flovent, Aerobid, Beclovent, Vanceril, Azmacort, Atrovent, Alupent, Brethaire, do not interfere with skin testing and should be used as prescribed.
3. Oral anti-asthmatic medications such as Singulair, theophylline (Theo-dur, T-Phyl, Uniphyl, Theo-24, etc.) and Accolate, do not interfere with skin testing and should be used as prescribed.
4. Most drugs do not interfere with skin testing but make certain that your physician and nurse know about every drug you are taking.

### Please let the physician and nurse know:

1. If you are taking any beta blockers (even in the form of eye drops) or any antidepressants.
2. If you are pregnant.
3. If you have a fever or wheezing.
4. Any medications you are taking (bring a list to your appointment).

Skin testing will be administered at the allergy clinic with the medical physician present since occasional reactions may consist of any of the following symptoms: itchy eyes, nose or throat; nasal congestion, runny nose, tightness in the throat or chest, increased wheezing, difficulty breathing, lightheadedness, faintness, nausea and vomiting, hives, generalized itching, and shock, the latter under extreme circumstances. **PLEASE NOTE THAT THESE REACTIONS RARELY OCCUR BUT IN THE EVENT A REACTION WOULD OCCUR, THE STAFF IS FULLY TRAINED.**

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

**IF FOR ANY REASON YOU NEED TO CHANGE YOUR SKIN TEST APPOINTMENT, PLEASE GIVE US AT LEAST 48 HOURS NOTICE DUE TO THE LENGTH OF TIME SCHEDULED FOR THE SKIN TESTING, A LAST MINUTE CHANGE RESULTS IN LOSS OF VALUABLE TIME THAT ANOTHER PATIENT MIGHT UTILIZE.**

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 \_\_\_\_\_  
(Or parent if patient is a minor)

DATE SIGNED \_\_\_\_\_

WITNESS \_\_\_\_\_

DATE SIGNED \_\_\_\_\_



Find an allergist. Find relief.

### PATIENT INSTRUCTION/CONSENT FOR ALLERGY SKIN TESTING

Due to the testing being placed on your skin, we must have the skin clean. Please cleanse the skin with soap and water before your testing date, do not use any topical anti itch medications on the area. Below is a list of medications that must be discontinued at least 7 days prior to your appointment. It is not possible to list every antihistamine. If you are in doubt about any of your medications, please call your pharmacist, or you may call our office at (406) 771-9050. Please do *not* stop taking any asthma medications.

Actidyl	Cyclobenzaprine	Isoclor	Scot Tussin
Actifed	Cyproheptadine	Loratadine	Sinarest
Algic	Dallery	Marezine	Sinex
Allegra	Deconamin	Naldecon	Sinovan
Allerest	Delacort	Nicol	Sinubid
Ambenyl	Demazin	Nolahist	Sinulin
Anahist	Desloratadine	Nolamine	Sunutab
A.R.M	Dimetane	Nostril	Sominex
Astelin	Dimetapp	Novahistine	Tacaryl
Benadryl	Dimocol	Nytol	Teldrin
Benylin	Diapen	Omni-tuss	Temaril
Bonine	Diphenhydramine	Optimine	Triaminic
Bromfed	Disomer	Ornade	Triminicol
Bronkaid	Disophrol	Patanase	Tavist
Cetirizine	Dorocol	Percogesic	Trinalin
Chlorpheniramine	Dramamine	Periactin	Trisohist
Claritin	Dristan	Phenergan	Tedral
Clarinet	Drixoral	Pimasin	Triten
Clistin	Extendryl	Polaramine	Tussagesic
Citra	Fedahist	Pyma	Tylenol PM
Codimal	Flexeril	Pyroxate	Xyzal
Comhist	Fexofenadine	Quelidrine	Zyrtec
Comtrex	Fiogesic	Rinohist	
Contact	Forhistal	Rondec	
Copyronil	Hispril	Rus Tuss	
Cosea	Histaspan	Rynatan	
Coryban-D	Hycomine	Rynatuss	
Coricidin	Inhiston		

The medications below must be discontinued at least 2 weeks before testing.

Atarax      Hydroxyzine      Vistaril      Flexeril

The medications below must be discontinued for 24 hours prior to testing.

Tagamet (cimetidine) Zantac (ranitidine) Pepcid (famotadine) Axid (nizatadine)

Antihistamine eye drops such as Alaway, Zaditor, Livostin, Pataday, Patanol, Emadine, Optivar, and Naphcon-A should be stopped 2 days prior to your appointment.

Bentyl (dicyclomine) should be stopped 48 hours prior to your appointment.