

Instructions and authorization for Skin Testing

As it was discussed, you will undergo allergy skin testing to better understand what causes your symptoms. Depending on your history, you will be tested with allergy extracts of tree pollens, grass pollens, weed pollens, house dust, molds, animal dander and certain foods. Depending on your history, testing may include insect venom or medication. The test will be performed on your back and arms and will take approximately 1-2 hours. Following the procedure you will be given a copy of your test results and some literature to read, before your next appointment with the doctor. Allergy skin testing is a reliable method for the detection of allergies. Although extremely rare, severe and even fatal allergic reactions to allergy extracts have been reported. During your test, please inform us immediately if you feel that you are having a reaction. Please read the following information carefully, and sign at the bottom of this sheet. Your signature will signify that you read and understand the instructions, understand the remote risk of death and authorize us to proceed with your test. Only a few skin tests are performed each week. Two hours will be reserved for your test. If you are unable to keep your appointment, call us as soon as possible to inform us.

UNLESS YOU MUST USE MEDICATIONS, DO NOT TAKE ANYTHING FOR 7 DAYS.

IF YOU USE MEDICATIONS, DO NOT USE THE FOLLOWING:

1. Do not use ANY antihistamines, allergy tablets, cold tablets, allergy eye drops, or over the counter sleeping pills. Only a partial list will follow, new brand names come to market often. Nytol, Nyquil, Sleep\_ez, Chlor-Trimeton, chlorpheniramine, Drixoral, Dimetapp, Benadryl, dyphenhydramine, Ornade, Tavist, clemastine, Dristan, Sudafed Allergy, Sudafed Cold & Flu, Tylenol Allergy, Tylenol PM or any "PM" products, loratadine, Alavert, Claritin, Claritin D, Zyrtec, cetirizine, fexofenadine, Allegra. Prescription antihistamines include Allegra, fexofenadine, Clarinex, desloratadine, Pericortin, cyproheptadine, Atarax, hydroxyzine, Vistaril, Xyzal and others. Patanol is a prescription eye drop which contains antihistamine. Astelin (a nose spray) contains antihistamine. Antivert (meclizine) is used to treat dizziness. Avoid all antihistamines for 7 days.
2. Do not use any herbal preparations for at least 7 days. This includes all health food store herbs, pills, teas, etc.
3. Do not use certain antidepressants for at least 7-10 days. However, before stopping antidepressants of any kind, please check with the prescribing physician. Some of the names are: Anafranil, Asendin, amitriptyline, Ludiomil, Norpramin, Pamelor, Remeron, Sinequan (doxepin), Surmontil, Tofranil, Vivactil etc. Please check with us. Other medications that may interfere with allergy testing include Cogentin, Seroquel, Unisom (doxylamine).
4. Do not use aspirin or other anti-inflammatory medications for 5 days. Common anti-inflammatory medications include: Celebrex, ibuprofen (Advil, Nuprin, Motrin, Rufen), indomethacin (Indocin), ketoprofen (Orudis), meclufenamate (Meclomen), mefenamic acid (Ponstel), naproxen (Naprosyn, Anaprox, Aleve), piroxicam (Feldane), sulindac (Clinoril), tolmetin (Tolectin), aspirin, Ecotrin, salsalate (Disalcid), diflunisal (Dolobid), Voltaren and others. Please check with your pharmacist.
5. Do not use Alka-Seltzer, Mylanta AR, Tagamet, cimetidine, Zantac, ranitidine, Pepcid, famotidine, Axid, nizatidine, or some other anti ulcer medications for 24 hours. Please check with us if you take a medication for your stomach.
6. **DO NOT USE BETA BLOCKERS for 5 days.** Some of the names are: Atenolol, Betapace, Blocodren, Brevibloc, Cartrol, Coreg, Corgard, Corzide, Inderal, Inderide, Kerlone, Labetalol, Levatol, Lopressor, Metoprolol, Normodyne, Propranolol, Sectral, Tenoretic, Tenormin, Toprol XL, Trandate, Visken, Zebeta, Timolide, Ziac. This is just a partial list, and some of these drugs come as a generic. check with us or with your pharmacist if you have any doubts. Remember, even glaucoma eye drops may have to be stopped for 5 days (Ocupress, Optipranolol, Timoptic, Betimol, Betagan, Betoptic). Do not stop on your own your beta blockers! Check with your eye doctor, cardiologist or general doctor first. You will probably need to be on a different medication, at least temporarily. Avoid sunburn for at least 4 days.

The following medications do not interfere with the skin test and can be used:

Theophylline (many brand names such as Theo-dur, Uni-dur, Slo-Bid, Uniphyll, Theo 24 etc.). Short courses of prednisone. Decongestants without antihistamine, such as plain Sudafed. Most nose sprays (except Patanase, Astelin, Astepro), and all inhalers for asthma. Antibiotics. Antidepressants like Desyrel, Nardil, Parnate, Effexor, Prozac, Luvox, Zoloft, Paxil, Serzone, or any other antidepressant that is not a tricyclic or tetracyclic antidepressant. Anti-anxiety medications like Xanax, Valium etc. Blood pressure or heart medications that are not beta blockers. Other medication taken for other reasons, including stomach medications like Prevacid, Prilosec, Protonix, Aciphex, Nexium, Carafate, Cytotec, Propulsid.

Please list ALL medications taken in the last seven days. Bring this form with you for your skin test appointment.

Medications: \_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_ REV. 1/16