

**INSTRUCTIONS FOR SKIN TESTING**  
Department of Allergy and Immunology

Skin testing is used to identify the cause of allergic reactions. In the first part of the test, drops of allergy extracts are applied to the skin of your back with a sterile plastic device that pricks the outer surface of your skin. In the second part of the testing, small doses of allergy extracts may be injected into the skin of your upper arm. Each test will be evaluated after 15 minutes. There is a remote possibility that you may experience congestion, sneezing, coughing, or itchy eyes during or after the testing. After testing, the physician will review the results with you. Please plan on your visit taking between 2 to 3 hours.

**Preparation for Skin Testing**

- Continue all medications, unless indicated below.
- **Do not stop inhalers or medication for asthma.**
- Children must be accompanied by an adult.
- Please have something to eat before testing.
- Please avoid sunburn prior to skin testing.

**MEDICATIONS TO STOP BEFORE SKIN TESTING:**

All prescription and over-the-counter antihistamines will interfere with skin testing. Please stop taking the following medications:

**7 days before skin testing stop:**

Levocetirizine (**Xyzal**<sup>®</sup>)  
Cetirizine (**Zyrtec**<sup>®</sup>)  
Hydroxyzine (**Atarax**<sup>®</sup> or **Vistaril**<sup>®</sup>)

**4 days before skin testing stop:**

Fexofenadine (**Allegra**<sup>®</sup>, **Allegra-D**<sup>®</sup>)  
Loratadine (**Claritin**<sup>®</sup>, **Alavert**<sup>®</sup>)  
Azelastine (**Astelin**<sup>®</sup> or **Astepro**) nasal spray  
Desloratadine (**Clarinex**<sup>®</sup>)  
**Patanase**<sup>®</sup>

**48 hours before skin testing stop the following medications:**

Acitfed <sup>®</sup>	Bonine <sup>®</sup>	Deconamine <sup>®</sup>	Periactin <sup>®</sup>	Semprex <sup>®</sup>
Advil PM <sup>®</sup>	Chlortrimeton <sup>®</sup>	Dimetapp <sup>®</sup>	Phenergan <sup>®</sup>	Tavist <sup>®</sup>
AlleRx <sup>®</sup>	Clemastine	Dramamine <sup>®</sup>	Piriton	Tussionex <sup>®</sup>
Antivert <sup>®</sup>	Cyproheptadine	Duratuss <sup>®</sup>	Rondec <sup>®</sup>	Tylenol PM <sup>®</sup>
<b>Benadryl</b> <sup>®</sup> (diphenhydramine)		Meclizine	Rynatan	

Over the counter medications that interfere with skin testing include medications for allergies, cough, colds, motion sickness and sleep aids. If you are uncertain about a medicine, please call our office.

Some medications taken for depression, bipolar disorder, schizophrenia, and other psychiatric disorders may interfere with skin testing. **Do not stop taking these medications.** At your visit, your allergist will determine whether testing is possible.

***Please call the Department of Allergy and Immunology at (781)744-8442 with any questions.  
These instructions may also be found on the Lahey Clinic website at  
<http://lahey.org/PDF/Allergy/SkinTestInstr.pdf>.***