



How do you get ready for the prick skin test?

Your doctor may suggest you/your child have this test as part of the evaluation. Prick skin tests are done to help identify if you/your child are allergic and what you are allergic to.

Please follow these directions when getting ready for this test. Check with your/your child's doctor before you stop the medicine. All antihistamines will effect the results of some of these tests and need to be stopped before the testing is done. If the medicine is not stopped before the test we will not be able to complete the test.

Stop these antihistamines for the length of time listed before your appointment

* Stop these oral antihistamines for **7 days** before your appointment:

- Allegra® (Fexofenadine)
- Atarax®, Vistaril® (Hydroxyzine)
- Clarinex® (Desloratadine)
- Claritin® (Loratadine)
- Zyrtec® (Cetirizine)
- Xyzal® (Levocetirizine)

* Stop these nasal antihistamines for **7 days** before your appointment:

- Patanase® (Olopatadine), Astelin®, Astepro® (Azelastine)

* Stop these eye preparation antihistamines for **7 days** before your appointment:

- Pataday®, Patanol® (Olopatadine), Optivar® (Azelastine)

* Stop these oral antihistamines for **3-4 days** before your appointment:

- Actifed®, Dimetapp® (Brompheniramine)
- Benadryl® (Diphenhydramine)
- Chlortrimeton® (Chlorpheniramine)
- Phenergan® (Promethazine)
- Tavist®, Antihist® (Clemastine)
- Actifed®, Aller-Chlor®, Bromfed®, Drixoral®, Dura-tab®, Novafed-A®, Ornade®, Poly-Histine-D®, Trinalin® (Combination medicines)

* If you are taking an oral antihistamine that is **not listed** stop the medicine for **3-4 days** before your appointment. If you are not sure if the medicine you are taking is an antihistamine ask your doctor.

* Stop these medications **the night before** your appointment:

- Singulair® (montelukast)
- Accolate® (zafirlukast)

* Stop these medications **the morning** of your appointment:

- Zflo® (zileuton), Tagamet® (cimetidine), Zantac® (ranitidine), Pepcid® (famotidine), Axid® (nizatidine)

* Sometimes antidepressants can also act as an antihistamine. Let your doctor know if you are on **any antidepressants** before your skin testing.

Continue to take all your other medicine as you usually do.

What is done during the allergy prick skin testing?

When you have prick skin testing done, a small amount of each thing you may be allergic to (allergen) is placed on the skin (usually your back). The skin is then pricked. If you are allergic to an allergen, you will get a bump and redness where the skin is pricked. After a short time, each skin test reaction is measured for swelling and redness. A large enough skin reaction is a positive skin test. This means an allergy may exist to the allergen placed at that site. Your doctor will compare your prick skin test results with your history of symptoms.

How long will the test take?

Prick skin testing often takes 30 to 40 minutes to complete.

NATHAN TANG, MD • ALLERGY ASTHMA ASSOCIATES, PA
333 Dr ML King Jr St N • St. Petersburg, FL 33701
727-825-0111 • FAX 727-825-0011