



Patient Instruction/Consent Form for Allergy Skin Testing At your upcoming appointment

Please Complete your paperwork before arriving. Please allow 3 hours for a new patient visit.

Skin Test: Skin tests are testing for allergic antibodies. A skin test introduces small amounts of the suspected substance, "allergen", into the skin and we then monitor for the development of a positive reaction (which consists of a wheal, swelling, or flare in the surrounding area of redness). The results are read at 15 to 20 minutes after the skin test is placed. The skin test methods are:

Prick Method: The skin is pricked with a needle where a drop of allergen has already been placed. Either on the arms or back

Intradermal Method: The superficial layers of the skin is injected with a small amount of an allergen, usually this testing is done on the arm.

Test Interpretation: skin testing results requires skillful correlation of the test results with the patient's clinical history. A Positive test means there is a presence of allergic antibodies but they are not necessarily correlated with clinical symptoms. Depending on your allergy symptoms and concerns, You may be tested to important (local) airborne allergens and possibly some foods. These include, trees, grasses, weeds, molds, dust mites, and animal dander and possibly some foods. **Skin testing generally takes 45 minutes.** If you have an allergic sensitivity to one of tests "allergens", a red, raised, itchy bump (caused by histamine release into the skin) will appear on your skin within 15 to 20 minutes. These positive reactions will gradually disappear over a period of 30 to 60 minutes, and, typically, no treatment is necessary for this itchiness. Occasionally local swelling at a 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 over the next week or so. They should be measured and reported to your physician at your next visit. You may be scheduled for skin testing to antibiotics, "caines", venoms, or other biological agents. The same guidelines apply.

Four days prior to scheduled skin testing PLEASE STOP taking prescription or over the counter oral antihistamines (in cold tablets, sinus tablets, hay fever medications, or oral treatments for itchy skin), examples include **Claritin (loratadine), Zyrtec (cetirizine), Allegra(fexofenadine), Actifed, Dimetapp, Benedryl (diphenhydramine), and Clarinex (desloratadine) and Xyzal (levocetirizine), Atarax (hydroxyzine), periactin (ciproheptadine).** If you have any questions whether or not you are using an antihistamine, please ask the nurse or the doctor. In some instances, a longer period of time off these medications may be necessary. Please Stop nasal and eye antihistamine medications, such as **Patanase, Pataday, Astepro, Optivar, or Astelin.**

Medications such as over the counter sleeping medications (e.g. Tylenol PM) and prescribed drugs, such as **amitriptyline hydrochloride (Elavil), doxepin (Sinequan), and imipramine (Tofranil)** have antihistaminic activity and should be discontinued at least 2 weeks prior to receiving skin test but only if approved by your prescribing physician first. Please make the doctor or 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. Reflux medications: Zantac (Ranitidine) and Pepcid rarely cause problems with skin testing but please stop them if possible.

Daher Asthma and Allergy Clinic
2136 Exeter Rd, Suite 103
Germantown, TN 38138
901-203-6055
901-203-6056 (fax)

YOU MAY CONTINUE : 1. Intranasal allergy sprays such as Flonase, Rhinocort, Nasonex, Nasacort. Omnaris, Veramyst. 2. Asthma inhalers (inhaled steroids and bronchodilators), leukotriene antagonists (e.g. Singulair, Accolate) and oral theophylline (Theo-Dur, T-Phyl, Uniphyll, Theo-24, etc.)

3. COPD medications, cardiac and diabetes medications (DO NOT STOP THESE MEDICATIONS BEFORE YOUR ALLERGY APPOINTMENT)

Skin testing will be administered at Daher Asthma and Allergy Clinic with Dr. Daher and staff present. Occasionally reactions may require immediate therapy. These reactions may consist of any or all of the following symptoms: itchy eyes, nose, or throat; nasal congestion; runny nose; tightness in the throat or chest; increased wheezing; lightheadedness; faintness; nausea and vomiting; hives; generalized itching; and shock, the latter under extreme circumstances. Please let Dr. Daher and nurse know if you are **pregnant** or taking **beta-blockers**. Allergy skin testing may be postponed until after the pregnancy in the unlikely event of a reaction to the allergy testing and beta-blockers are medications they may make the treatment of the reaction to skin testing more difficult.

Please note that these reactions rarely occur but in the event a reaction would occur, the staff is fully trained and emergency equipment is available. After skin testing, Dr. Daher and her assistants will make further recommendations regarding your treatment.

Please do not cancel your appointment since the time set aside for your skin test is exclusively yours for which special allergens are prepared. 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 skin testing, a last-minute change results in a loss of valuable time that another patient might have utilized.

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.

Patient _____ Date signed _____

Parent or legal guardian* _____ Date signed _____

*as parent or legal guardian, I understand that I must accompany my child throughout the entire procedure and visit.

Witness _____ Date signed _____