



Great Falls Clinic Allergy and Asthma Department

Patient Instruction/Consent sheet 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 tablets, 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. 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.
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.**

After skin testing, you will schedule a summary conference with your physician who will make further recommendations regarding your treatment.

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 _____



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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. This notice is to serve as a reminder, since you or your child may be having allergy testing done on the day of your appointment.

Table with 4 columns of medication names: Actidyl, Actifed, Algic, Allegra, Allerest, Ambenyl, Anahist, A.R.M, Astelin, Benadryl, Benylin, Bonine, Bromfed, Bronkaid, Cetirizine, Chlortrimeton, Claritin, Clarinex, Clistin, Citra, Codimal, Comhist, Comtrex, Contac, Copyronil, Cosea, Coryban-D, Coricidin, Cyclobenzaprine, Cyproheptadine, Dallery, Deconamin, Delacort, Demazin, Desloratadine, Dimetane, Dimetapp, Dimocol, Diapen, Diphenhydramine, Disomer, Disophrol, Dorocol, Dramamine, Dristan, Drixoral, Extendryl, Fedahist, Flexeril, Fecofenadine, Fiogesic, Forhistal, Hispril, Histaspan, Hycomine, Inhiston, Isoclor, Loratadine, Marezine, Naldecon, Nicol, Nolahist, Nolamine, Nostril, Novahistine, Nytol, Omni-tuss, Optimine, Ornade, PBZ, Percogesic, Periactin, Phenergan, Pimasin, Polaramine, Pyma, Pyrroxate, Quelidrine, Rinohist, Rondec, Rus Tuss, Rynatan, Rynatuss, Scot Tussin, Sinarest, Sinex, Sinovan, Sinubid, Sinulin, Sunutab, Sominex, Tacaryl, Teldrin, Temaril, Triaminic, Triminicol, Trinalin, Trisohist, Tedral, Triten, Tussagesic, Tylenol PM, Xyzal, Zyrtec

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), Acid (nizatadine)

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

Please do not stop taking any Asthma medications.

If you are in doubt about any of your medications, please call your pharmacist, or you may call our office at (406) 454-2171 ext 3386 or 1-800-421-1649 ext. 3386

Please fill out the enclosed forms prior to your appointment and bring them with you.

Thank you