

Instructions for Allergy Skin Testing

1. The allergy testing is done at our **Robbinsdale** and **Maple Grove** offices and will take 2-3 hours. You may be tested with 1 or 2 other people.
2. **PLEASE** eat breakfast and/or lunch. **NO** chewing gum, eating or drinking (except plain water) during testing.
3. **PLEASE** wear a sleeveless shirt. Allergy skin testing is done on the upper arms.
4. Do **NOT** use hairspray, perfume, cologne, after-shave, body lotion, or other scented products when you come to our office.
5. **Certain medications will invalidate the testing results; therefore,**
 - ***NO** forms of Allegra, Zyrtec, Xyzal, Clarinex, or Claritin including generic forms (i.e. loratadine, Alavert, fexofenadine or cetirizine) for **10 days before testing**.
 - *For **3 days before testing**, you **MUST STOP** all other antihistamines, decongestants, nasal sprays, Tagamet, Zantac, Axid, Pepcid or other over the counter acid reflux medications, pain medications with codeine, cough drops, cough syrups and over the counter sleeping aids.
 - ***NO** Singulair, Prilosec, Prevacid, Reglan, Propulsid or other prescription acid reflux medications the night before and morning of testing. **NO** topical steroids the day of testing.
 - ***NO** herbal supplements, including herbal teas, for 7 days before testing.
 - ***NO** skin testing if on a beta blocker; must have ordering physician's okay to be off for 3 days.
6. All medications you are currently using: _____

7. **IF** you have an inhaler for asthma, please bring it with you on the day of testing!
8. Medications to **STOP** 10 days before testing: _____
9. Medications to **STOP** 3 days before testing: _____
10. **PLEASE do not** bring small children with you, unless the child is being tested!
11. You will **NOT** be able to leave the office during testing.

Insurance:

12. **If** your insurance requires a referral, **PLEASE** obtain one in advance. It **MUST** be in our office by the day of testing. If you are not sure if testing is covered, **please check** with your insurance company. Patients are required to pay for testing on that day if they have Company/Private insurance, and are not on an HMO.

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