

# TESTfacts

## Allergy Prick Skin Testing

### What is allergy prick skin testing?

Your doctor has suggested you/your child have this test as part of the evaluation at St Peters Medical Group. Prick skin tests are done to help identify if you/your child are allergic and what you are allergic to.

### How do you get ready for the test?

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 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 **5 days** before your appointment:  
Claritin®(Loratadine), Allegra®(Fexofenadine), Clarinex®(desloratadine)
  - √ Stop these **oral** antihistamines for **3-4 days** before your appointment:  
Actifed®, Dimetapp® (Brompheniramine)  
Atarax®, Vistaril® (hydroxyzine)  
Benadryl® (Diphenhydramine)  
Chlortrimeton® (Chlorpheniramine)  
Phenergan® (Promethazine)  
Tavist®, Antihist® (Clemastine)  
Zyrtec® (Cetirizine)  
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 this medicine the night before your appointment.  
Singulair® (montelukast)  
Accolate® (zafirlukast)
  - √ Stop these medicines the morning of your appointment:  
Zyflo® (zileuton)  
Tagamet® (cimetadine)  
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 test.
- Continue to take all other medications as you usually do.
- Do not apply lotions or creams to your back the day of your appointment.

**What is done during the test?**

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 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.