



Arizona Allergy and Asthma Specialists
16611 South 40th St, Phoenix, AZ 85048
480-705-8844

Patient Instruction/Consent Form for Allergy Skin Testing

Allergy skin testing is one of the most accurate methods to detect the allergic antibodies that cause allergic symptoms. This test consists of introducing small amounts of the suspected substance, or allergen, into the skin and noting the development of a positive reaction. Several skin test methods are available, however for most patients, we are using the Multi-Test Method. This quick, and painless method utilizes a plastic, stamp-like device that places 8-10 tests on the back or arm at one time.

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 allergic antibodies which in the context of a suggestive history, is used to establish a diagnosis of allergy.

Testing is available for all of the important airborne allergens found in Arizona. These include tree, grass, and weed pollen, mold, house dust mites, and animal dander. Food allergy testing is also available. If you have an allergic sensitivity to one of the allergens, a small, red, raised, mosquito bite-like, swelling will appear on your skin at the test site within 15 to 20 minutes. These positive reactions will gradually disappear over a period of 30 to 60 minutes, and typically, no treatment necessary, although a non-sedating antihistamine may be suggested.

Preparation for Allergy Testing

1. All prescription or over-the-counter **antihistamines** should be stopped 5 days prior to scheduled skin testing. These include Claritin (loratadine), Clarinex, Zyrtec (cetirizine), Xyzol, Allegra (fexofenedine), Benadryl (diphenhydramine), and Atarax (hydroxyzine). If you have any questions whether or not you are using an antihistamine, please contact the office.
2. You should discontinue **topical** eye or nasal antihistamines, such as Patanase/ Pataday, (olopatadine), Astelin/Astepro (azelastine) 24 hrs before the testing.
3. Over the counter sleeping medications such as Tylenol or Advil PM as well as Nyquil have antihistamines and should be held for 24-48 hrs prior to skin testing.

Do Not Stop!

1. You may **continue** to use any **steroid nasal allergy sprays** such as Flonase Rhinocort, Nasonex, Afrin, or Nasacort.
2. **Continue** to take any **asthma medications** including all inhaled medications as well as Singulair (montelukast). Asthma medications do not interfere with skin testing and should be continued as prescribed



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Consent for Allergy Skin Testing

Allergy skin testing is safe and well tolerated. Although localized itching may occur at the test site, more severe allergic reactions during allergy testing are rare. In the unlikely event of a serious reaction, the staff is fully trained and emergency equipment is available on site.

Please let the physician know if you are, or think you might be pregnant.

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 or 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 _____