



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 an accurate method for detecting allergic antibodies that cause allergy symptoms. This test involves introducing a small amount of the test substance, or allergen, to the top layer of your skin and observing the development of a positive reaction. We primarily use the Multi-Test Device, a quick and painless method that applies 8-10 tests at once using a plastic, stamp-like applicator.

Interpreting the clinical significance of a skin test reaction requires correlating the results with your clinical history. A positive test indicates the presence of allergic antibodies, which, when combined with a suggestive history, helps establish a diagnosis of allergy.

We offer testing for all major airborne allergens found in Arizona, including tree, grass, and weed pollen, mold, house dust mites, and animal dander. We also provide food allergy testing. If you are allergic to any of the tested allergens, a small, red, raised swelling resembling a mosquito bite will appear at the test site within 15 to 20 minutes. These positive reactions will gradually disappear within 30 to 60 minutes, usually requiring no treatment. However, a non-sedating antihistamine may be suggested

### Preparation for Allergy Testing

**Discontinue antihistamines:** Stop taking all prescription or over-the-counter antihistamines, such as Claritin (loratadine), Clarinex, Zyrtec (cetirizine), Xyzal, Allegra (fexofenadine), Benadryl (diphenhydramine), and Atarax (hydroxyzine), at least 5 days before your scheduled skin testing. If you are unsure whether you are using an antihistamine, please contact our office for clarification.

**Stop topical eye or nasal antihistamines:** Discontinue the use of topical eye or nasal antihistamines, such as Patanase/Pataday (olopatadine) and Astelin/Astepro (azelastine), 24 hours before the testing

**Avoid antihistamine-containing medications:** Refrain from using over-the-counter sleeping medications such as Tylenol or Advil PM, as well as Nyquil, for 24-48 hours before skin testing, as these medications contain antihistamines.

**Continue steroid nasal allergy sprays:** You may continue using steroid nasal allergy sprays like Flonase, Rhinocort, Nasonex, Afrin, or Nasacort

**Maintain asthma medications:** Keep taking all asthma medications, including inhaled medications and Singulair (montelukast). Asthma medications do not interfere with skin testing and should be continued as prescribed.

By following these instructions, you will help ensure accurate results from your allergy skin testing. If you have any questions or need further clarification, please don't hesitate to contact our office. We are committed to providing you with the best care and helping you manage your allergies effectively.



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**Consent for Allergy Skin Testing**

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

Allergy skin testing should be postponed if you are currently pregnant or suspect that you might be pregnant.

We kindly request that you provide us with at least 48 hours' notice if you need to reschedule your skin test appointment. Due to the allocated time for skin testing, a last-minute change can result in a loss of valuable time that another patient could have utilized.

By signing below, you acknowledge that you have read the patient information sheet on allergy skin testing and understand its contents. You have had the opportunity to ask questions regarding the potential side effects of allergy skin testing, and these questions have been answered to your satisfaction.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Staff Member Signature: \_\_\_\_\_

Date: \_\_\_\_\_

By signing above, you acknowledge that you have explained the patient consent form to the patient and addressed any questions or concerns they may have had.

Note: This consent form serves as a documentation of your consent for allergy skin testing. It does not waive any of your legal rights or the responsibilities of the medical facility. If you have any further questions or require additional information, please do not hesitate to ask.