



Patient Information- Allergy Testing

Allergy testing is used to determine which allergies you have and the severity of those allergy. It is helpful when trying to determine if allergy injections would help your allergy symptoms. We use allergy testing for environmental and inhaled allergens such as trees, grass, and weeds that are found in our area. We also test for pet dander, molds, and typical household irritants. We do not test or treat for venom (bees or wasps) or food allergies.

How is testing done?

We have a couple of different allergy testing methods that are typically used in our clinic. We use a skin prick test that involves a testing device and drops of specific allergens to try to figure out which things you react to. This is not painful and takes about 20 minutes for the test results to be read. A positive test is noted when you have a reaction creating a “wheal” (small, itchy bump similar to a bug bite) that is of a certain size. We will measure the size of the wheal and your provider will tell you which ones are eligible for treatment options.

We also use intradermal testing. This is an injection of a very small amount of allergen under the skin to determine how sensitive you are to a specific allergen. We ask you to wait 10 minutes and then we can read the results by measuring the reactions on your skin. This is typically a mild discomfort and people generally tolerate it well.

What do I need to do to plan for allergy testing?

1. You will need to schedule a time with our nursing staff for your allergy test. Before you come to the clinic, you will need to take a pause in some of your medications. See the link on the website titled Medication Guide for list.
 - Antihistamines need to be discontinued at least 72 hours before testing.

- Stop taking leukotriene blocking medications such as Singulair (monteleukast) the morning of your test. You can take it later in the day if needed.
 - Antacids, except for Tums or Rolaids, need to stop the night before you test.
 - Beta Blockers should be held for at least 24 hours before your test.
 - High doses of oral steroids (Prednisone and Medrol) could cause issues with your test results. Smaller daily doses don't usually present a problem.
 - Tricyclic Anti-Depressants may result in testing inaccuracy and we might want to complete a different type of testing if reactions to skin testing is questionable.
 - Continue your asthma inhalers as directed.
 - Continue your corticosteroid nasal sprays as prescribed.
2. When you come to the clinic we will need access to your arms and possibly your back. Please wear clothing that will allow for this if possible.
 3. We love to see your children but this might not be a good time for them to come for a visit (unless they are being tested). You will need to rest quietly for 10-20 minutes while we are testing and children may have a hard time with this. Please consider finding alternative plans for kids while you are completing your allergy testing.
 4. Minors (anyone under 18 years of age) will need to have an adult with them who is able to make medical decisions at the time of testing.

What are the next steps?

Your provider will review the results of you allergy testing and help to determine what the best treatment options are to treat your allergies. This could range from continued avoidance of allergens, medication therapy, immunotherapy, or a combination of these things.