

## Allergy Skin Testing

Thank you for entrusting us with you and your family's medical care. We look forward to helping you with your allergies and to guide you through the various treatment options. An allergy skin test is an important first step. It is easy to perform, is pain free and is done in the office for your convenience. This will give us immediate results that can help pinpoint your allergies. This can be done for environmental and food allergies.

The goal of an allergy test is to identify the presence, type, and severity of allergies, which are an abnormal response your body has to certain substances in the environment. Allergies can cause many Ear, Nose, and Throat disorders, as well as other symptoms such as some swallowing issues, asthma, and hives.

Allergy skin testing is typically performed on the forearm or back, and takes approximately 30-60 minutes. This test is done on both adults and children of most ages.

It is important that you inform us of all your medical issues and medications, including any vitamins or over the counter remedies to ensure an accurate and safe allergy test. **Please read page 2 of this packet carefully in regard to specific medications that need to be stopped before allergy skin testing can be done.** There are many medications that can interfere with allergy testing. Patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines as they will affect the results of your test. This includes both over-the-counter as well as prescription medications. **Do not discontinue antidepressants/psychotropic medications or any other medications without consulting your prescribing physician.** Call your pharmacy or prescribing physician if you are unsure about the names of your medications. After completion of testing it is recommended that patients avoid any strenuous exercise for two hours.

Patients that take medications known as beta blockers are considered to be at higher risk for side effects related to allergy skin testing. Beta blockers are used to treat high blood pressure, migraines, glaucoma and other heart conditions. These medications include *labetalol, timolol, atenolol and metoprolol* etc. It is the office policy of Colden Seymour Ear, Nose, Throat and Allergy to avoid skin testing while patients on these medications. Please be sure to let us know beforehand so we can consider holding off on allergy skin testing.

As a rule, asthma medications do NOT affect skin testing results (e.g. singulair, inhalers) and should be continued. Also, single ingredient decongestant preparations (e.g. Sudafed, phenylephrine, pseudoephedrine) can be taken. All nasal sprays can be used except Azelastine, Astelin, Asteepro, Dymista and Patanase. If there are any questions about a certain medication, please speak with your pharmacist or our nursing staff.

We look forward to performing your allergy skin testing. If you have questions regarding medications or testing techniques please do not hesitate to speak with our Allergy Department at 978-997-1550 (extension 111). For faster communication you can utilize the patient portal.

Thank you,  
Colden Seymour Ear, Nose, Throat & Allergy  
Dr. Daryl Colden, Dr. Peter Seymour & Dr. Elizabeth Davis  
Nicole Ouimet, Nursing Department Manager

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