



## Preparation

Your provider has recommended that you have an allergy skin test. This test is called a Modified Quantitative Test (M.Q.T.) It will take approximately 1.5 hours. We recommend that you bring a book or something to pass the time (**please note: we do not have Wi-Fi**).

For accurate results, we ask that you stop certain medications and supplements prior to testing.

Please **STOP** the following medications for **SEVEN (7) days** prior to testing:

- Alavert, Claritin, Loratadine

Please **STOP** the following medications for **FIVE (5) days** prior to testing:

- Allegra, Astelin, Atarax, Benadryl, Optivar, Patanase, Phenergan, Ryaltris, Xyzal, Zyrtec
- azelastine, cetirizine, chlorpheniramine, diphenhydramine, fexofenadine, hydroxyzine, levocetirizine, olopatadine, promethazine

*\*This is not an all-inclusive list. Look at the ingredients list and stop any anti-histamine.*

Please **STOP** the following supplements **TWO (2) days** prior to testing:

- Astragalus, Feverfew, Green Tea, Licorice, Milk Thistle, Saw Palmetto, St. John's Wort

*\*There is not a need to stop Flonase, Ipratropium, Mometasone, and/or Singular.*

## Test Day

On your test day, please follow these guidelines:

- **Wear a short sleeve shirt.** The sleeves need to be able to be pulled above your shoulder blades.
- **Remove** any watches or bracelets.
- **Do not have any vaccines within 5 days** of your appointment.
- **Do not use** any lotion, oil, perfume or spray on your arms or back.
- Strenuous activity can increase the risk of adverse reactions. **Do not exercise on the day of testing.**
- **MEN:** Please shave the underside of both forearms and the upper right arm.

There are some situations in which you may not be a good candidate for skin testing.

There needs to be a clean, clear area of skin (either the upper back or the upper and lower arms). If you are heavily tattooed, scarred, or have any skin conditions, please call the allergy nurse to discuss.

**If you are sick or on antibiotics,** we will need to reschedule your appointment.

**Asthma symptoms have to be well controlled.** If you have needed a rescue inhaler within 7 days of your appointment, we will need to reschedule your appointment.

Atypical antidepressants, benzodiazepines, sedatives, tricyclic antidepressants, and tranquilizers can affect test results. **Please do not stop any of these prescriptions!** Your nurse will review your medication list and contact you if there is a contraindication.

## What to Expect

Skin tests are performed in the doctor's office. A member of the allergy department will press small amounts of allergen into the very top layer of skin with a plastic device. This takes seconds to apply and is typically done on the lower forearms or back. The number of tests may vary, but typically range from 38-48 different allergens. These allergens match common pollen, animal, and environmental exposures found in your region of the country. In addition to testing allergens, there will be two control tests – a positive control and a negative control. The positive control shows your allergic response is functioning properly, while the negative control ensures that reactions are truly due to allergy, and not skin sensitivity.

Once the tests are applied, the staff member will wait 20 minutes to give your skin time to demonstrate your reaction. Reactions look and feel very similar to a typical mosquito bite – a small raised circle surrounded by redness. This is referred to as a “wheal and flare” and typically correlates with the severity of the allergy. In most cases, the bigger the circle, the more allergic you are to the allergen. After the staff measures this portion of the test, there will be a second round of testing called intradermal testing. This is done to get a clearer picture of the severity of your allergy to any specific allergen. Intradermal testing involves injecting a small amount of allergen under the skin, usually the upper arm or back. Once these allergens are placed, you will wait another 10 minutes before the test is read.

**Watch this helpful video** to see how the test is performed!

<https://www.youtube.com/watch?v=k0k4gISlpvw>

## Questions or Concerns

**Please contact the allergy nurse** if you have any questions or concerns.

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