

INSTRUCTIONS FOR SKIN TESTING

1. Please wear something that will easily expose your arm from elbow to shoulder such as a sleeveless shirt or a short sleeve shirt with loose fitting sleeves.
2. You must stop any antihistamines 5 days prior to your test. This includes (Zyrtec, Allegra, Claritin, Clarinex, Visteril, over-the-counter Benedryl, or over-the counter sleep aids). The antihistamine would block any positive response you may have. You may continue all other medications, including any nose spray you may be using.
3. We will question you on your routine medications. You must notify us if you are taking any medications for mitral valve prolapse, blood pressure, migraines, or if you are taking any antidepressants. This is very important because your test could be altered.
4. When you are given an appointment please make every effort to be on time. This will keep other tests from running behind.
5. If you are not going to be able to make it to your appointment, please call us as soon as you know. Skin testing appointments are limited to 2 days a week so we could possibly fill your slot.
6. When you come in for your skin test you do not have to sign in. If you will tell the front desk you are here for allergy testing they will direct you to us.

Donna White, R.N.
(256)236-4426

Appointment date/time _____