



1325 36th Street,
Suite A
Vero Beach, FL
32960

SKIN TESTING

You have been scheduled for allergy skin testing on _____, in our office. The testing will begin at _____ am/pm. Please plan to be in our office for at least 1 ½ hours. Your follow up appointment with Dr. _____ will be on _____ to discuss your test results and treatment plan.

Prior to skin testing you **must be off all allergy medication, antihistamines**, (Claritin, Allegra, Zyrtec, Clarinex, Xyzal, Benadryl, Astelin, etc.) for a minimum of **three to four days**. These types of drugs may give a false negative result during the test. To help with your symptoms during that time you may take a decongestant (Sudafed if you do not have high blood pressure) and continue to use nasal sprays such as Rhinocort, or Flonase. However, use of Afrin or other over the counter nasal sprays are to be avoided unless specifically advised by Dr. _____.

Patients taking Beta Blockers, such as Tenormin, Inderal, or Lopressor may not have skin testing done until they have been off these drugs for **two weeks**. If you have any questions concerning your present medications, please ask us. We will be glad to let you know if any are Beta Blockers. Switching from Beta Blockers to other medications **MUST** be done under the supervision of a physician.

Skin testing is frequently used and an accepted form of allergy testing. There are no restrictions of food or beverages prior to testing. However, you will be able to drive yourself home and go about the rest of the days planned activities.

Should you have any further questions, please feel free to call our office.

Thank You,

Vero ENT Allergy Center