

# Lafayette Pediatrics and Internal Medicine

## Important Allergy Test Information

**ALLERGY TESTING:** Your medical provider has recommended skin testing for airborne or inhalant allergens for you. The test includes testing for plant pollens, animal dander, molds, yeasts, and dust mites. The purpose of allergy testing is to determine what you're allergic to in order to choose the best treatment course for you.

### **What to know before the allergy test:**

**Consent Form:** Prior to the skin test, you will be asked to fill out a consent form, giving your permission for the test to be performed. Please feel free to ask any questions about the allergy test at any time during your appointment. Note the medications that you'll need to stop taking before your allergy test appointment.

**Medication Avoidance:** Some medications interfere with skin testing for allergies. These medications and supplements should be avoided before allergy testing. Please review the green "Medications to Avoid before Allergy Testing" sheet. Notify your doctor before stopping any of these medications.

### **What to expect during the allergy test:**

On the day of testing, skin-prick-test devices that test 8 allergens at once will be pressed against the skin of your forearms or back. The test devices cause only mild discomfort and are not painful. It feels like pressing the bristles of a hairbrush against your skin with mild to moderate pressure. After the test devices are pressed against your skin, they are discarded. The little puddles of allergy serum are then blotted away, and the test sites are monitored for 10-15 minutes, after which time the results are read. If your skin reacts to any of the allergens tested, you may feel some itching at the test site. If your skin is very itchy after the test, we can apply a strong anti-itch cream to reduce discomfort. If molds and yeasts do not react on the skin prick test, we will perform intradermal testing as well. This involves using a small-gauge needle to inject a very small amount of the allergens under the skin.

### **What to expect after the allergy test:**

**Results:** After the skin test, you will meet with your doctor for a short visit to discuss the test results. The skin test tells your doctor what you're allergic to and how strongly your skin reacted.

**Allergy Treatment:** Your doctor will also discuss a treatment plan to help you find both short-term and long-term allergy relief.

You may apply hydrocortisone cream, Benadryl cream, or other steroid cream to the test sites for 1-2 days if any itching persists. Any marks from the testing will fully disappear within a few days. Please monitor the intradermal test sites for 72 hours after the test, and call the office if you notice any delayed positive results.

**If you have any questions regarding the allergy test, please feel free to call the office at:  
720-565-6101.**