

THE LISTENING DOCTOR ALLERGY SKIN TEST CONSENT FORM

Avoid taking Anti-histamines. [Claritin, Allegra, Xyzal] 3-4 days before your allergy skin test

Are you taking Beta-Blockers? If you are taking Atenol, Metoprolol or any beta blockers please inform your provider on the day of testing .

Skin tests are a method of testing for allergic reactions to substances, or allergens and is safe when performed under supervision. The test consists of applying small amounts of allergens onto the skin and observing if you develop a positive reaction. GREER National guide is used to determine allergens of tree, grass and weed pollens common to your region. Additionally, you will test in addition to a variety of mold spores, smut, house-hold allergens and non- anaphylactic foods. Separate blood tests can be ordered by your physician for confirmation of food allergy for items that are considered to be anaphylactic and life threatening.

Reason for skin testing

Testing allows your doctor to determine how likely it is that allergens play a role in your symptoms. Some conditions like non-allergic rhinitis, food allergy, infection or gastric reflux may produce symptoms identical to allergic rhinitis and can be difficult to distinguish without testing. Another important reason for testing is identification of your specific allergic triggers. Identifying your triggers is critical for serious allergy sufferers since one of the keys to effective treatment is avoidance of those triggers.

What is a skin test

The skin test involves applying several non-invasive plastic testing applicators to your back. The devices have no needles and do not break the skin.

Potential Side Affects

Skin testing may be uncomfortable but does not involve needles, and usually well tolerated other than itching and redness. If you currently have asthma attack recovering from an attack that is difficult to control (frequent wheezing, shortness of breath or frequent inhaler usage) you should not undergo skin testing because of the increased risk for a severe allergic reaction called anaphylaxis. Blood tests should be done instead.

***Pregnant women should not undergo allergy skin testing. A pregnancy test will ordered if you are unsure if you are pregnant.**