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## Allergy Skin Testing Consent Form

**What are Allergies?** Some individuals have an abnormal response to things in our environment. These can include pollens from plants (for example: trees, grasses, and weeds), molds, animal dander, insects and insect bites, odors (for example: perfume/cologne, fragments from flowers), foods, chemicals, vog, and pollution. These responses may result in itching eyes, scratchy throat, sneezing, runny nose, hives, and skin rashes, coughing, and asthma.

**How are allergies treated?** First, there are many types of medications for treating allergies, including pills, nasal sprays, and inhalers. Second, some people may be skin tested to see what is causing their allergies. Once the offending substances are identified, it may be possible to desensitize with weekly allergy shots that build up your immunity to the substances causing your allergies. Last, changes in your environment can be made to lessen your exposure to the allergens. Usually, it takes a combination of the above treatments to help lessen your allergy response.

**How to prepare to be allergy tested.** The skin of your forearms and/or back will be used. Testing can take up to 1-2 hours. You may take most of your regular medicines including inhalers for asthma and nasal sprays (not containing antihistamine). You **CANNOT** take antihistamines (Claritin, Clarinex, Allegra, Zyrtec, or Xyzal including the generic brands of these medications) 1 week prior to visit. Antihistamines such as Benadryl or Chlortrimeton should be avoided for at least 3 days prior to skin testing. Decongestants such as Sudafed (pseudoephedrine) or Phenylephrine should be avoided the day before skin testing. **Please inform the office staff if you are taking a beta blocker medication** (a type of anti-hypertension medicine). Please call our office for a complete list of medicines that interfere with allergy skin testing.

**How are allergy skin tests performed?** Skin reacts to an allergic substance (allergen) by forming a raised bump (wheal) if a person is allergic to that substance (allergen). There are two ways to place the allergen on the skin, either by scratching or pricking the skin with the allergen or injecting the allergen under the skin. After scratching or injecting the allergen and waiting 10 to 20 minutes, the skin will react if you are allergic to that substance. You will feel a tiny prick or maybe a stinging (like a mosquito bite). If the skin itches, a steroid cream can be applied or an anti-histamine pill can be taken to stop the itching after testing. Other further options may be discussed with the doctor.

We may also perform a pulmonary function test if history suggests asthma. X-ray or flood tests may occasionally be necessary.

### CONSENT FOR ALLERGY SKIN TESTING

I have read and reviewed the information above and I have had the opportunity to ask questions. I agree to abide by the policies outlined above.

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Print and Sign Name

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Date