



## Porter Medical Associates

### **Allergy Skin Test**

#### **What Is An Allergy Test?**

An allergy skin test, also called a scratch test, is used to identify the substances that are causing your allergy symptoms. It is performed by applying an extract of allergen to your skin, pricking the skin to allow exposure, and then evaluating the skin's reaction.

#### **Before your Allergy Test**

Inform the tech who is going to perform the skin test about all medicines you are taking, including over-the-counter medications.

Since over-the-counter antihistamines stop allergic reactions, you should not take them for five days before the test. Talk to your doctor about discontinuing your prescription medications prior to the test.

The list to the right is medicines to avoid before the test, because they could interfere with the results of your test. Since you may not be able to discontinue certain medicines, we may perform a separate "control" test to determine if that particular drug will interfere with the test.

#### **Will your Allergy Test Hurt?**

The testing may be mildly irritating, but most people report no pain.

#### **How is the Allergy Test done?**

First the Tech will examine the skin on your forearm and clean it with alcohol.

A small disposable pricking device, with a drop of extract for each potential allergen on it, is then used so the extract can enter into the outer layer of the skin, called the epidermis. The skin prick is not a shot and does not cause bleeding.

If there are allergic antibodies in your system, your skin will become irritated and may itch, much like a mosquito bite. This reaction means you are allergic to that substance.

#### **How Long Does the Allergy Test take?**

It takes approximately 45 min for the entire appointment. The allergen placement takes 5-10 minutes. Then you will have to wait about 15 minutes to see how your skin reacts. The Tech will then measure and record the reactions, if any, and explain your treatment options.

#### **When will you have you Allergy Test results?**

You will have your results 15 minutes after the placement of all 40 skin pricks. The Allergy Tech will then measure and record your results (reactions), if any, and explain your treatment options.