

ALLERGY TESTING PROTOCOL

- Be prepared - testing usually takes 1 1/2 - 2 Hours
- Wear comfortable clothing - short sleeves make the procedure easier to perform
- Please be on time - there is a limited time available for allergy testing
- If you must cancel your appointment - Please do so as early as possible
- You will have testing marks remaining on your arm(s) for up to a week - Do not make an appointment if you plan to attend a social event that requires showing your arms
- You may not take antihistamines for 7 days prior to your test. You must be off short term steroids for 14 days and long term steroids for 30 days - Please refer to the accompanying list - If you have any questions please ask your referring doctor as soon as possible
- I do suggest that you have your antihistamine of choice and a topical anti-itch lotion to take after your test
- If you have any questions my name is Mark Pidgeon R.N. the office can always contact me.