

ADULT & PEDIATRIC ALLERGIST OF CENTRAL JERSEY P.A.

JAYESH G. KANUGA, M.D. FAAAAI, FACA

LIGAYA V. CENTENO, M.D. FAAAAI

Diplomats of the American Board of Allergy and Immunology

1740 Oak Tree Road
Edison, NJ 08820
Tel: 732-906-1717
Fax: 732-906-1781

3 Hospital Plaza, Suite 405
Old Bridge, NJ 08857
Tel: 732-679-2525
Fax: 732-360-0033

Skin Testing Information

This is a brief introduction to skin testing to help familiarize you with the procedures used:

1. Skin testing is performed only after the initial history and physical examination are completed. Usually two visits may be required. Skin testing involves prick or scratch tests and intradermals.
2. Antihistamines should be **STOPPED** 5-7 days **BEFORE** skin testing.

COMMON EXAMPLES:

Zyrtec (Cetirizine); Allegra (Fexofendine); Atarax (Hydroxyzine); Claritin (Loratadine) or Alavert; Clarinex; Benadryl (Diphenhydramine); OTC nighttime/allergy cold medication.

Nose sprays: Astelin, Astepro, Patanase

Eye drops: Patanol/ Pataday, Optivar, Zaditor, or Zyrtec (Ketotifen)

3. Tests are done on the back, upper arm, and/or forearm. There is little discomfort.
4. Positive results resemble a welt, (like a mosquito bite). If a test is very positive the welt may persist for a few hours after testing, ordinarily the welt will fade out more rapidly.
5. There are rarely any side effects associated with testing other than itching and/or some swelling at the site of a positive test. If the reaction persists or becomes large, a cold pack will be applied to the area and the doctor will administer an antihistamine to be taken by mouth which will relieve the itching and swelling.
6. The treatment plan will be discussed during your last testing visit.
7. Skin testing is not done, if the patient is ill, has a temperature or other acute symptoms. If there are any questions, please contact our office.