

PATIENT CHECKLIST FOR ALLERGY SKIN TEST

BEFORE SCHEDULING THE APPOINTMENT

- Watch Understanding & Treating Environmental Allergies 6-minute video at http://allervision.com/allergy_video (if you have trouble with this, type *allervision.com* in your internet browser. On the main page, it is the video in the lower left).
- Receive medication counseling from a Parkview nurse.
- Understand what medication(s) may need to be stopped to ensure a successful skin test. It is very important to understand that some medications may affect your skin test results. We cannot properly treat you and your results will not be accurate if you were on a medication that inhibited results.
- Review the Allergy Testing – Patient Medications Guide so you know when you can schedule this appointment. Some medications need to be stopped the day of, the day before, 3 days before and 2 weeks before testing. Depending on what medication(s) you are on, this may affect if you can schedule the test right away or you may need to wait up to 2 weeks before the test can be performed. You can find this guide at: www.parkviewclinic.com/allergytesting
- Contact your insurance company to ensure they will cover your allergy testing and inquire if they would cover allergy shots should you want to pursue that treatment. Refer to the Allergy Testing & Serum Insurance Guide at www.parkviewclinic.com/allergytesting
- Read the “Prepare for Allergy Test” guide at www.parkviewclinic.com/allergytesting

SCHEDULING THE APPOINTMENT

- Call 952-758-2535 to schedule the allergy test. Verbally confirm to them that you were counseled by a nurse prior to scheduling. Indicate which doctor is overseeing your allergy test.

PRIOR TO YOUR ALLERGY SKIN TEST APPOINTMENT

- 2 weeks before the test:** Stop short-term and small dose steroids (Prednisone, Medrol) (long-term/high dose steroids may need a blood test instead)
- 72 hours before test:** Stop Antihistamines and Sleep aids
- 24 hours before test:** Stop Beta Blockers
- Evening before test:** Stop Antacid Medications
- Day of the test:** Stop Leukotriene blocking medications
- Arrive 15 minutes prior to your appointment time to complete paperwork. Allergy paperwork can be printed/filled out ahead of time at www.parkviewclinic.com/allergytesting (click on Allergy Testing Visit Forms)