

Dr. Maria Doucet Acadiana Allergy Center

How to prepare for the allergy test

Prior to testing:

- 1. Look over medication list to avoid antihistamines, beta-blockers. Some medications can hide allergic reactions so that the skin test can't be performed. If you have any questions about medications please call the allergy nurse.**
- 2. The test consists of a prick test on the forearms or thighs, and individual needle sticks on the upper arms.**
- 3. If you would like a topical anesthetic please notify the allergy nurse prior to the testing dates.**

On the day of testing:

- 4. For you testing date, please wear or bring a sleeveless shirt and shorts for your comfort. The allergy nurse will need to have access to the testing area (arms, forearms, and thighs). Emla cream (topical anesthetic) may be applied to area 30 minutes prior to appointment. The allergy nurse can help advise where to apply the cream. You can apply an occlusive dressing (Saran Wrap) over the Emla cream. This is optional.**
- 5. Please allow 2 to 2/12 hours for the actual testing the time may vary depending on the age of the patient.**
- 6. If a child is being tested, he/she must be accompanied by a parent. If an adult is being tested, there are no children allowed in the allergy testing suite.**