

### Instructions for Allergy Skin Testing

1. The allergy testing is done at our **Robbinsdale** and **Maple Grove** offices and will take 2-3 hours. You may be tested with 1 or 2 other people.
2. **PLEASE** eat breakfast and/or lunch. **NO** chewing gum, eating or drinking (except plain water) during testing.
3. **PLEASE** wear a sleeveless shirt. Allergy skin testing is done on the upper arms.
4. Do **NOT** use hairspray, perfume, cologne, after-shave, body lotion, or other scented products when you come to our office.
5. **Certain medications will invalidate the testing results; therefore,**
  - \***NO** forms of Allegra, Zyrtec, Clarinex, or Claritin including generic forms (i.e. Loratadine or Alavert) for **10 days before testing**.
  - \*For **3 days before testing**, you **MUST STOP** all other antihistamines, decongestants, nasal sprays, Tagamet, Zantac, Acid, Pepcid or other over the counter acid reflux medications, pain medications with codeine, cough drops, cough syrups and over the counter sleeping aids.
  - \***NO** Singulair, Prilosec, Prevacid, Reglan, Propulsid or other prescription acid reflux medications the night before and morning of testing. **NO** topical steroids the day of testing.
  - \***NO** herbal supplements, including herbal teas, for 7 days before testing.
6. **All medications you are currently using:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. **IF** you have an inhaler for asthma, please bring it with you on the day of testing!
8. Medications to **STOP 10 days** before testing: \_\_\_\_\_
9. Medications to **STOP 3 days** before testing: \_\_\_\_\_
10. **PLEASE do not** bring small children with you, unless the child is being tested!
11. You will **NOT** be able to leave the office during testing.

#### Insurance:

12. **If** your insurance requires a referral, **PLEASE** obtain one in advance. It **MUST** be in our office by the day of testing. If you are not sure if testing is covered, **please check** with your insurance company. Patients are required to pay for testing on that day if they have Company/Private insurance, and are not on an HMO.

**Oakdale Medical Building**  
3366 Oakdale Avenue N., Suite 150  
Robbinsdale, MN 55422

**WestHealth**  
2855 Campus Drive, Suite 630  
Plymouth, MN 55441

**Maple Grove**  
9825 Hospital Drive, Suite 203  
Maple Grove, MN 55369

763.520.7840 (t) 763.520.2738 (f)

763.520.2950 (t) 763.520.2956 (f)

763.981.3110 (t) 763.981.3114 (f)