



Associates of Nassau County, PC

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SKIN TESTING

Dear: _____,

You have been scheduled for allergy skin testing on _____, in our office. The testing will begin at _____ am/pm. Please plan to be in our office for at least a ½ hour. Your follow up appointment with Dr. _____ will be on _____ to discuss your test results and treatment plan. Skin testing may be done in lieu of the blood work, for insurance purposes, or in addition to the blood work. If a blood test comes out negative but you still appear to have allergy symptoms, skin testing may be ordered to confirm the results.

Prior to skin testing you must be off all **allergy medication, antihistamines** (Claritin, Allegra, Zyrtec, Dimetapp, Astelin, etc.), for a minimum of **three to four days**. These types of drugs may give a false negative result during the test. To help with your symptoms during that time you may take a decongestant (Entex La, Deconsal, and Sudafed) and continued to use nasal sprays such as Rhinocort, or Flonase. However, use of Afrin or other over the counter nasal sprays are to be avoided unless specifically advised by Dr. _____.

Skin testing is frequently used and is an accepted form of allergy testing. There are no restrictions of food or beverages prior to testing. You will also be able to drive yourself home and go about the rest of the day's planned activities.

Insurance requiring a referral will be needed to have the diagnosis codes of _____, _____ and allergy work-up should be checked off or written on the referral.

Should you have any further questions, please call our office.

Respectfully yours,
