

Allergy Skin Testing

What is allergy skin testing?

Allergy skin testing is done to see if you have allergies to certain foods, latex, and common environmental allergens such as trees, grass, ragweed and house dust mites to name a few.

Before allergy skin testing, you are asked about your medication history and any antihistamines you take.

Next, a drop of each substance that you are being tested for is put on the skin on the inside of your arm. A tiny prick is made in your skin in the middle of each drop.

You then sit in the waiting room for about 15 minutes. After this time, you are called back into the testing room. The clinician looks at your arm and reads the results. A positive reaction looks a lot like a mosquito bite; red with swelling around it and it may feel itchy.

Skin tests are very safe. A positive skin test can last for hours and goes away over a day. More severe reactions are very rare.

Guidelines to follow before allergy skin testing if you take medications:

Follow this guide unless the doctor who ordered the test has told you to do something else.

4 days before allergy skin testing:

- Stop taking all antihistamines. This includes over-the-counter antihistamines or prescription antihistamines.
- Do not take any cough medication, gravol or motion sickness medications.

All other medications:

- Take any other medications as you normally do unless the doctor tells you not to.

To change or cancel an appointment:

- Contact the Booking Office 48 hours before your appointment time, so that another person can be scheduled in your place.
- Call 905-522-1155 extension 35210.