

SHER ALLERGY SPECIALISTS
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SKIN TESTING DO'S & DON'TS

If allergy skin testing is indicated, it can usually be completed during the initial visit. The testing is essentially painless. If your child is to be tested, we will be happy to demonstrate on you. For testing to be completed please be aware of the following:

- **DON'T** take any antihistamine containing medications for **SEVEN DAYS** prior to your appointment. This may include over the counter cold preparations and medications for sleep. These medications can interfere with testing.
- **DON'T** apply any lotion or creams the day of your appointment.
- **DON'T** expose skin to sunburn the week before your appointment.
- **DO** maintain all other medication, especially those for asthma or similar condition.
- **DO** allow one and a half to two hours for your appointment.
- **DO** eat your regular meals before appointment.
- **DO** call our office if you have any questions regarding your medications.