



## Allergy Testing Instructions

1. **Review Medication List** with staff. Certain medications may interfere with allergy testing.
2. Come in for allergy testing **without wearing scented products**. Avoid colognes, perfumes, scented laundry detergent, fabric softeners, body creams, etc.
3. **Wear a short-sleeve or sleeveless top.**
4. **Avoid applying body lotions and creams to your arms** on the day of testing.
5. You may **bring water or a snack** with you during testing.
6. You may **bring reading material** with you during testing.
7. Plan on **dedicating as much time for testing as possible.** Spend no less than 1 – 2 hours for a testing session. Allergy testing is quite comprehensive and extensive; the more time dedicated to testing the sooner treatment can ensue.
8.
  - a. Wednesday 9am – 12:30 pm and 1:30 – 5 pm
  - b. Friday 8am – 12:00 noon
  - c. Saturday 9am – 1:00 pm  
(2 Saturdays per month)
9. **Delayed reactions are important to be read.** For the utmost accuracy in testing, it is important that testing results be reviewed and discussed 24 hours after testing has taken place. **Staff will explain this in greater detail.**