



Allergy Testing Instructions

1. **Review Medication List** with medical team. 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 begin.

Testing Schedule

Monday: 4:00 pm - 7:00 pm
Wednesday: 1:30 pm - 8:00 pm
Friday: 9:00 am - 12:00 Noon
2:00 pm - 5:00 PM

2 Saturdays/Month

Saturday: 9:00 am - 1:00 pm or
Saturday: 8:00 am - 11:00 am (See Testing Calendar on Website for exact dates.)

8. **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. **Your allergy coordinator will explain this in greater detail.**