

SKIN ALLERGEN TESTING (SPT)

This is an assessment of whether you have an allergy to any of the more common inhaled allergens. The test is performed by placing a small drop of each allergen solution on the skin surface of your forearm. For each drop of allergen solution, a single gentle 'pinprick' is made. After a 15 minute waiting period the skin is examined to determine if you have responded to any of the allergens. A response is typically in the form of a raised mosquito bite like lump (wheal) and may be accompanied by itchiness. If you experience itching, an anti-itch solution will be applied on completion of the test or if you are particularly itchy, an antihistamine can be used. All patients are required to remain at The Lung Health Clinic for 20 minutes after completion of the test. As most patients will also have an appointment with one of our consultants on the same day as the skin prick test, this post-test observation period will not typically add time to your overall visit time.

Patient Preparation

Medication Withholding

Please avoid taking:

- Antihistamines: Please carefully read the attached table of medications and how long you should abstain from use before your test. (If you are unable to avoid taking an antihistamine medication, please contact The Lung Health Clinic prior to your appointment. Typically, a skin prick test cannot be performed if you have taken an antihistamine)
- Continue to take all your respiratory medications as usual unless you have specifically been requested to withhold.

Skin Creams

Please avoid using skin creams/moisturisers/body lotions on both of your forearms on the day of test. If you have eczema, dermatitis or any other skin condition, please continue to use your skin creams as usual.

Clothing

Please wear clothing which has short sleeves, no sleeves or sleeves that can easily be rolled-up above the elbow. The test could be performed on both of your forearms (elbow to wrist), so ease of access to this area is necessary.

Tattoos

If you have extensive tattooing of your forearm area (elbow to wrist), please advise The Lung Health Clinic prior to your appointment. In the case of extensive tattooing, an alternate site on your body will be used to perform the test (the upper arm or back).

Pregnancy

If you are pregnant, please advise The Lung Health Clinic prior to your appointment.

Typical Test Time

30 minutes

Questions

If you have any questions, please do not hesitate to contact The Lung Health Clinic.

DRUGS WHICH ARE OR HAVE ANTIHISTAMINE ACTIVITY THAT INTERFERE WITH SKIN ALLERGEN TESTING

Generic	Commercial	Withholding period (days)	Comment
Antihistamines			
Brompheniramine	Demazin*, Dimetapp*	5	Withholding period varies in individuals due to different rates of metabolism; 4 days is recommended as general advice.
Cetirizine	Alzene, Cetrelief, ZepAllergy, Zilarex, Zodac, Zyrtec	4	
Chlorpheniramine	Codral*, Demazin*, Dimetapp*, Logicin*, Sudafed*, Sinutab*	4	
Cyproheptadine	Periactin	4	
Desloratadine	Aerius	4	
Dexchlorpheniramine	Polaramine	4	
Diphenhydramine	Benadryl, Paedamin, Snuzaid, Unisom Sleepgels	2	
Dimenhydrinate	Travacalm		
Doxylamine	Dolased, Codagesic, Codalgin, Dimetapp*, Dozile, Fiorinal, Maxydol, Mersyndol, Panalgesic, Restavit, Tensodeine	2	
Fexofenadine	Allerfexo, Fexo, Fexal, Fexorelief, Fexotabs, Tefodine, Telfast, Xergic	4	
Levocetirizine	Xyzal	4	
Loratadine	Alledine, Allergydyne, Allereze, Claratyne, Lorano, Lorapaed, Lorastyne	10	Usually 4 days is sufficient
Pheniramine	Avil	4	
promethazine HCl	Allersoothe, Avomine, Phenergan, Fenezal	4	
trimeprazine	Vallergan	2	
triprolidine	Codral*, Sudafed*	1	
H-2 antagonists			
cimetidine	Magicul, Tagamet	1	There may be only minimal suppression of the skin test
ranitidine	Ausran, Rani-2, Ranital, Ranoxyl	1	

famotidine	Ausfam, Famohexal, Pamicid, Pepcidine, Pepzan	1	
Antidepressants			
amitriptyline	Endep		
clomipramine	Anafranil Placil, generic		Withholding period not established, antihistamine effect variable but often significant.
dothiepin	Dothep		
doxepin	Deptran, Sinequan	7	
imipramine	Tofranil, Tolerade		
mianserin	Lumin, Tolvon		
mirtazapine	Aurozamine, Avanza, Axit, Mirtazon, Milivin, Remeron		
trimipramine	Surmontil		
Anti-migraine			
pizotifen	Sandomigran		
Anti-emetics			
prochlorperazine	Nauseil, Nausrelief, Prozine, Procalm, Stemetil, Stemzine		Weak antihistamine
Neuroleptics			
chlorpromazine	Largactil		Withholding period not established, may be up to 2 weeks Antihistamine effect variable between drugs and individuals.
clozapine	Clopine, Clozaril, Closyn		
flupenthixol	Fluanxol**		
fluphenazine	Modecate		
olanzapine	Lanzek, Ozin, Zylap, Zypine, Zyprexa		
pericyazine	Neulactil**		
quetiapine	Delucon, Quetiaccord, Quipine, Sequase, Seronia, Seroquel, Syquel		
risperidone	Ozidal, Resdone, Rispa, Risperdal, Rispericor, Rixadone		
zuclopenthixol	Clopixel**		

*Multiple preparations under this name, check label

** Antihistamine effect not formally demonstrated but thought likely due to structural and functional similarities with other drugs.