

**Cycle 2- Allergies**  
**2207 - Preparing for Allergy Testing**  
**SCRIPT**

**(1)**

**LISA WIDMAN, RN:**

A patient gets a referral from their primary doctor, they're usually given some instructions prior to booking the consultation, to avoid antihistamines for five days prior to their appointments. So that's what an antihistamine does, it blocks a histamine response. If you take one prior to your appointment and you still have it in your system, then your skin testing is not as effective.

**(2)**

**MADLYN FERNSTROM:**

While you should avoid over the counter allergy pills before testing, you may stay on nose sprays and asthma medications before testing.

**(3)**

**VERNIE BUSCAGAN, RN:**

So we can do any skin testing. Like, what we call the environmental-- grass, trees, weeds, dust mites-- cats, dogs, and that's when we know-- actually, once we do the skin testing, which is-- what we call this-- prick testing, we can actually-- we find out, like-- right away, like, what they're allergic to.

**(4)**

**HANNA CHUNG, RN:**

When our bodies recognize as the some allergen giving you the symptoms before, it will be showing up redness with some welt, looks like mosquito bite. There is to some degree different reaction per how your bodies react.

**(5)**

**MADLYN FERNSTROM:**

The most common side effects of skin testing are slight swelling, redness, or itchy bumps called wheals.

**(6)**

**PAMELA, patient:**

You go in and the testing is so simple. Just go in and take a chance. You'll get to where you really, will feel well. And I'm a perfect example of it. And I'm thrilled.

**(7)**

**MADLYN FERNSTROM:**

Depending on the results, your allergist may recommend changes to your diet or environment, changes in medication, and further testing.

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