

## ALLERGY TESTING

Allergies can be tested in two different ways

1. Skin Testing
2. Blood Test (RAST)

Skin Testing is the traditional and preferred method of testing. Except in certain situations when skin testing cannot be done, a blood test (RAST) is used for allergy testing.

Skin testing involves a gentle prick through a drop of allergen on the skin of the forearm or back by a disposable prick device. This results in the formation of a welt or reddening of skin at the site of the introduction of allergen, if a person is allergic to that allergen.

All Antihistamines – Oral and Nasal Sprays interfere with the testing and have to be avoided for 1-7 days prior to testing.

Please click for the **LIST** for these medications