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Notes: **Nurses can write personalized notes to patients here.**

Discharge Instructions for Allergy Testing

Allergy testing is done to find out what is causing your reactions. It can be done with patches. It can also be done by pricking the skin with scratches or small needles.

Finding out what a person is allergic to is vital. It can be treated based on the allergy you have. Knowing what you are allergic to may also help you stay away from it.

Irritation from testing can be eased with self care and medicine.

[Steps to Take](#)

Home Care

Your skin may be irritated from the tests. You may have redness, swelling, or itching.

If you had skin testing with scratches or needles, you can soothe your skin with:

- Cool packs
- Oatmeal baths
- Moisturizers and lotions

If you have patches, keep them dry and in place:

- Do not get the patches wet in the bath or shower.
- Ask someone to use a non-erase, waterproof black marker to mark the test sites if they start to wear off.

When the patches come off, reactions may last for weeks. They can be treated with self care.

Physical Activity

If you have patches in place, talk to your doctor about things you shouldn't do. You will need to:

- Do not do things that make you sweat.
- Don't swim or use hot tubs.

Medications

To ease problems from testing, your doctor may have you take:

- Antihistamines to ease or block reactions
- Corticosteroids to ease swelling and itching
- Hydrocortisone cream (over the counter)

If you are taking medicine:

- Take your medicine as advised. Do not change the amount or schedule.
- Ask what side effects could happen. Tell your doctor if you have any.
- Talk to your doctor before you stop taking any prescription medicine.
- Do not share your prescription medicine.
- Medicines can be harmful when mixed. Talk to your doctor or pharmacist if you are taking more than one, including over the counter products and supplements.

If you had to stop taking medicines before testing, ask your doctor when you can take them again.

[Follow-up](#)

Your doctor will need to check on your progress. You may need to see a specialist. Go to all appointments.

[Call Your Doctor If Any of the Following Occur](#)

Call your doctor if you aren't getting better or you have:

- Problems that last longer than you or your doctor expect
- Problems that aren't helped with medicine
- New or unexpected symptoms

Call for emergency medical services right away for signs of anaphylaxis:

- Problems breathing or swallowing
- Tightness in the chest
- Fainting
- Swelling of the face, lips, or tongue
- Redness or hives that spread over the body
- Rapid heartbeat
- Cramps or vomiting

If you think you have an emergency, call for emergency medical services right away.

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