



## **WHAT TO EXPECT AND HOW TO PREPARE FOR THE ALLERGY TESTS**

1. There are 2 kinds of allergy tests performed, both in one visit.
  - a. The back-scratch.
    - i. This is a required “safety” test.
    - ii. This feels like a pokey brush/comb being pressed upon the back.
    - iii. You will receive 96 scratches.
    - iv. Red dots will be present on your back, but for only a little while.
  - b. The intradermal (performed on the upper arms).
    - i. This is the “true” allergy test.
    - ii. This feels like bee stings/sharp pinches.
    - iii. It is normal for blood to appear at the site of the intradermal.
    - iv. You can get up to as many as 48 on each arm.
    - v. Bumps are left on your arms, and can linger for 7 days.
2. Because you will be lying on your stomach for 20 min, it is suggested that you bring something to entertain yourself with, such as a book to read, or some music to listen to.
3. Some patients have found it useful to bring a travel pillow, to rest their heads on, during the back-scratch test.
4. For your comfort, it is suggested that you not spend time in the sun a few days prior to the test (it will dry out your skin).
5. Bringing a T-shirt or a tank-top is advised, again, for your comfort; wear this for the intradermal portion of the allergy test.
6. Please keep in mind your social activities. Bumps will be left on your upper arms for 1-7 days.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL 248-299-6100  
ASK FOR REBECCA, THE ALLERGY TECH**