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## **WHAT TO EXPECT AFTER YOUR ALLERGY TEST**

### **Itching and redness**

You may experience some continued itching and/or redness. This normal and should subside within a few hours after testing. If the itching is bothersome, you may apply Benadryl or Hydrocortisone cream to the area or you may take an oral antihistamine.

### **Worsening of allergy symptoms**

You may experience a temporary worsening of your allergy symptoms, including; post nasal drip, nasal congestion/runny nose, throat clearing, eye watering/itching, headache, hives. You may take an oral antihistamine to help relieve these symptoms.

There is a possibility that asthma symptoms may be triggered by the test. If this occurs, follow your usual treatment regimen and, if necessary, contact your primary physician.

### **Fatigue**

The test may cause fatigue, so strenuous exercise is not recommended for 2-3 hours following the completion of the test.

### **Allergic Reaction**

There is a remote possibility of a severe allergic reaction, called anaphylaxis. Possible symptoms of anaphylaxis include; restlessness, itching of the skin or mouth, hives, wheezing, difficulty breathing, heaviness or tightness in the chest, nausea and or vomiting, rapid pulse or “sense of impending doom”. If you experience these symptoms following your allergy test, seek emergency medical attention. Anaphylaxis can be fatal if untreated.

### **Medications**

You may resume all medications that you held for allergy testing.

### **Questions or concerns**

If you have any or concerns, please do not hesitate to call us at 715-828-2368.