

# Allergy Skin Test

## **What is an allergy skin test?**

During an allergy skin test, the skin on your forearm is scratched with a small set of needles that have specific allergens on them. Your arm will be numbered with a pen, and each number is aligned to a specific allergen that is being tested on you.

Once the skin test has been performed, your care provider will wait 10 to 15 minutes to see if a small, localized reaction (or hive) develops in the area that was scratched. Areas that test positive are then documented in your chart and communicated with the allergist.

## **Why do I need a skin test?**

Not everyone needs a skin test, but if you suffer from environmental or food allergies, skin testing helps us to identify what you are allergic to and how severe your allergy is.

## **Are there any risks associated with allergy skin testing?**

There are minimal risks associated with skin testing. In rare occasions an anaphylactic reaction could occur. Otherwise, there is usually very mild pain when you are scratched, and some itching may occur if you are allergic to any of the allergens placed on your skin.