MEDICATIONS TO PAUSE BEFORE ALLERGY TESTING

Some medications can quiet down your skin's ability to react during skin prick testing, which can lead to falsely negative results. This handout gives you a general idea of what to look out for. Your Lumara care team will confirm which of your medications to pause and for how long.

UNINSURED MATERIALS FEE

An uninsured materials fee applies when skin-prick testing is performed. This fee is for the testing materials and supplies provided for the procedure and is separate from medically necessary insured physician services, which are billed to the Alberta Health Care Insurance Plan when applicable. You will be informed of the fee before testing is performed. Contact Lumara Specialty Clinic before your appointment if you have questions about the fee or if it may cause financial hardship.

WHY THIS MATTERS

Skin prick testing relies on your skin producing a small, visible reaction to a suspected allergen, and certain medications block this reaction. If you keep taking them before testing, your results may look clear even if you truly are allergic, which can lead to an inaccurate picture of your allergies.

MEDICATION CATEGORIES TO REVIEW WITH YOUR CARE TEAM (SKIN PRICK TESTING)

- Antihistamines, including over-the-counter allergy pills, cold and flu medications, and sleep aids that contain an antihistamine ingredient.
- Certain antidepressants and anti-anxiety medications, which can have antihistamine-like effects.
- Some acid reflux and stomach medications.
- Any other prescription or over-the-counter product you are unsure about.

Do not stop a prescribed medication without checking with your care team first, especially medications for heart conditions, mental health, or other ongoing treatments. Some medications should never be stopped for testing, and your team may adjust the testing plan instead.

GENERAL TIMELINE

Different medications need to be paused for different lengths of time before they clear your system enough for accurate testing. Your care team will give you a specific list and timing based on the medications you take and the type of testing planned.

WHAT TO DO

- Bring a complete list of your current medications, including over-the-counter products, vitamins, and supplements, to your appointment or share it with our team in advance.
- Call the clinic if you are unsure whether to pause something.
- If you accidentally take a medication you were told to pause, let us know before your appointment. We may need to reschedule to ensure accurate results.

> *This handout is for general education and does not replace personalized medical advice from your Lumara care team.*