PREPARING FOR YOUR SKIN PRICK TESTING APPOINTMENT

Skin prick testing helps your Lumara care team look for allergic sensitization that may be relevant to your symptoms. A little preparation on your end helps testing go smoothly.

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.

BEFORE YOUR APPOINTMENT

- Review your current medications with your care team ahead of time. Some antihistamines can affect your results and may need to be paused. See our separate handout on medications before testing for details, and never stop a prescribed medication unless your care team has instructed you to.
- Get a good night's sleep and eat a normal meal beforehand. Testing is not done on an empty stomach.
- If you have had a recent severe allergic reaction, illness, or flare-up of eczema or hives, let us know. Your appointment may need to be rescheduled.
- Bring a list of your symptoms, suspected triggers, and any past reaction details. This helps guide which allergens are tested.

WHAT TO WEAR

- Choose short sleeves or clothing that allows easy access to your forearms and upper back, since testing is usually done in these areas.
- Avoid applying lotion, oil, or sunscreen to the testing area on the day of your visit.

DURING TESTING

- Testing itself is quick, usually 15 to 20 minutes, though you will need to wait afterward while reactions develop.
- You may feel mild itching or tingling where drops are placed. This is normal and expected.
- Try to avoid scratching the test area during the waiting period, as this can affect the results.

AFTER YOUR TEST

- Mild redness, itching, or small raised bumps at the test sites are common and usually fade within a few hours.
- Avoid hot showers, swimming, or vigorous exercise for the rest of the day, as sweating and heat can worsen itching.
- Your care team will review your results with you before you leave and discuss next steps.

QUESTIONS OR CONCERNS

If you are unsure whether something might interfere with your test, or if your symptoms change before your appointment, call our clinic. We are happy to help you prepare.

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