

Skin Endpoint Titration (S.E.T.)

Skin Endpoint Titration is a method of testing the skin to determine the presence on allergic disease. Small amounts of diluted allergen extracts are injected into the skin. After waiting ten minutes, the skin is examined for a reaction. This procedure is repeated using two to three dilutions of the extracts, getting subsequently stronger each time. Once your skin reacts positively to a particular allergen(s), the test is complete.

Your testing should take about one and one half to two hours to complete. No eating, drinking or smoking is allowed during your test.

Because this test requires a reaction of the skin, there are certain medications that must be discontinued prior to these tests. These medications may interfere with the skin's ability to react. Please, read the following page carefully for a list of these medications, along with your appointment time.

Insurance verification is done as a courtesy to you. The information our insurance specialist receives comes directly from your insurance company and is not a guarantee of payment. If you have any questions regarding your insurance information, please check with your insurance company.

If there are any questions regarding this test, please contact the Allergy Department for more information.

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INSTRUCTIONS FOR SKIN TESTING

BEFORE DISCONTINUING ANY MEDICATIONS, CHECK WITH THE DOCTOR WHO HAS PRESCRIBED IT FOR YOU.

If you are taking any heart or blood pressure medication, please let the doctor or allergy technician know what kind it is.

PLEASE DISCONTINUE ALL OF THE FOLLOWING MEDICATIONS THREE (3) FULL DAYS (72 HOURS) PRIOR TO SKIN TESTING.

1. **ANTI-HISTAMINES:** Some common examples of these are Actifed, Comtrex, Sine-Aid, Drixoral, Alka-Seltzer Plus, Claritin, Seldane, Benadryl, Allegra, Zyrtec, etc.
2. **COUGH MEDICATIONS:** Those which contain antihistamines such as Phenergan, Robitussin, Vicks Formula 44 Cough Mixture, Nyquil, etc. This also includes cough drops.

PLEASE DISCONTINUE THE FOLLOWING MEDICATIONS ONE (1) WEEK PRIOR TO SKIN TESTING.

1. **SLEEPING MEDICATIONS:** Included here are all of the over-the-counter sleep remedies such as Sominex, Sleep-eze, Tylenol PM, etc.

2. **DIZZY MEDICATIONS:** Such as Antivert (Medizine).

PLEASE DISCONTINUE THESE MEDICATIONS TWO (2) WEEKS PRIOR TO SKIN TESTING.

1. **VISTARIL or ATARAX**

2. **TRICYCLIC ANTIDEPRESSANTS:** Some examples of these are Elavil, Sinequan, Norpramin or Pofranil.

DEPO-MEDROL INJECTIONS: Please inform the allergist if you have had any type of steroid injection in the past month.

NASAL SPRAYS: Astelin - only Nasal Spray to stop taking one day before test.

REMEMBER, these are only some common examples of medications given in these categories. If you have any questions regarding the medication that you are taking and whether or not it belongs in one of these categories, please consult your pharmacist or doctor as to whether or not eliminating the medication you are currently taking will impair your health.

Please wear a short sleeve shirt the day of testing.

The test will take 1 1/2 - 2 hours.

If you are unable to make it to the office on the day of your testing, please call and let us know.