

Allergy Testing Instructions

There are certain medications which interfere with Allergy testing. **Please read these instructions carefully.**

- **Do not take antihistamine medications for 7-10 days prior to a test:** Claritin, Claritin D, Clarinex, Zyrtec, Zyrtec D, Allegra, Allegra D, Xyzal, Cetirizine, Loratadine or Fexofenadine.
- **Do not take the following medications for 3 days prior to a test:** Any antihistamine, anti-inflammatory, muscle relaxant, tranquilizer, sedative, large doses of Vitamin C (over 1 gram per day), over the counter or prescription allergy eye drops. (See attached lists) or allergy nasal spray(antihistamine) – Astepro, Patansae Dymista, Astelin, and if possible anxiety and depression medications.
- **If your doctor has prescribed steroids in any form** (oral, by injection, into a tendon, joint, IV, into the turbinates, or lotion or cream), **your test will need to be scheduled 2 weeks after you have stopped or finished the steroid.**
- **Patients on beta blocker (for blood pressure, heart rhythm or migraine prevention) medication should hold this medication for 24 hours prior to testing, if possible. If not possible, a Rast Test will be performed instead of Prick testing.**
- **You may take any of the following medications up until the time of your test.**
 - Asthma medications
 - Diabetic medications
 - Thyroid medications
 - Birth control pill or Hormone replacement therapy
 - Blood pressure medications, except Beta Blockers (please call the allergy office)
 - Fluid pills
 - Plain decongestants, such as Sudafed
 - Tylenol (avoid Tylenol PM)
 - Saline nasal sprays

Allergy testing may take up to 2 hours. Please wear something short sleeved or sleeveless and bring a pair of shorts. **Do not wear scented products** when being seen in the allergy office for either testing or treatment as they may affect fellow patients.

If it is necessary to cancel your testing appointment, please notify us at least 24 hours prior to your appointment. If we are not notified and you do not come for your appointment, there will be a \$100.00 missed appointment charge.

Please complete the attached allergy questionnaire and bring it with you to your appointment in order that we may better understand your allergy history.

If you have any questions/concerns prior to the date of your testing please call our Allergy Office @ 484-3734 for assistance. We look forward to helping you improve your quality of life.

Do not take these medications for 7-10 days prior to your allergy test

Allegra	Claritin	Zyrtec
Allegra D	Claritin D	Zyrtec D
Fexofenadine	Clarinet	Xyzal
Fexofenadine D	Loratidine	Cetirizine

Medications which contain antihistamine - omit for 3-5 days prior to allergy test

Actifed	Dymista	Poly-Histine
Astelin	Excedrin PM	Ritalin
Astepro	Isoclor	Rondec
Atarax	Kronafed A and Jr	Ru-Tuss
Atrohist	Marax	Phenergan
Benadryl (diphenhydramine)	Midol PM	Tagamet(Cimetidine)
Chlorpheniramine	Naldecon	Tavist I and II
Chlor-Trimeton	Nolahist	Teldrin
Comhist	Novahistine	Tylenol PM
Cyproheptadine	Nolamine	Zantac
Deconamine	Optimine	Allergy Eye Drops
Dimetapp	Patanase	
Dramamine	Pepsid (Famatodine)	

Anti-Inflammatory Medications – if possible, omit for 3 days prior to allergy test

Ibuprofen (Motrin, Advil)	Naproxen Sodium (Aleve)	Aspirin Products (Excedrin, Alka-Seltzer)
Vioxx	Celebrex	

Muscle relaxants, sedatives, anti-anxiety medications-omit for 3 days prior to a test if possible

Ambien	Dantroline	Sonata
Atarax	Desyrel	St. John's Wort
Ativan	Flexeril	Valium
Baclofen	Methocarbamal	Vistaril
Carisoprodol	Restoril	Xanax
Compazine	Soma	Zanaflex
Cyclobenzoprine HCL	Buspar	Lunesta

SSRI's

SNRI's

Lexapro	Cymbalta
Zoloft	Effexor
Celexa	Welbutrin
Prozac	
Paxil	

+++ Skin Testing and RAST blood testing will not be accurate for patients taking Xolair