

PREPARATION FOR YOUR FIRST VISIT AND ALLERGY TESTING

Please allow up to 2 hours for your skin test appointment. In order to obtain valid and useful skin testing results, you need to discontinue the use of certain medications for a specific time before the skin test and your appointment.

1. All sleep aids and over the counter medications must be withheld for 2 to 5 days before your appointment.
2. Because most cough preparations contain antihistamines, these must be withheld for 2 days.
3. Prescription nose sprays like Nasonex, Nasacort AQ, Rhinocort AQ, Flonase, Nasarel, Beconase and Singulair Tablets DO NOT interfere with testing. You do not need to stop them before your appointment.
4. Asthma inhalers (inhaled corticosteroids) do not need to be discontinued.
5. Asthma medications such as theophylline and Singulair (montelukast) do not need to be discontinued.
6. If you are pregnant or suspect you may be pregnant please notify our staff immediately. You are not eligible for allergy skin testing at anytime during pregnancy. Blood testing for allergens is recommended during pregnancy.
7. Please allow a minimum of 2 hours for allergy testing. Feel free to bring reading materials, an iPod, handheld games or some other type of activity to entertain you during the test.
8. We respectfully request that our patients refrain from wearing perfumes and/or colognes which may harm those individuals with respiratory problems.
9. If you are taking medication with antihistamine effects which cannot be stopped because of the severity of your condition or any other reason, continue taking the medication and let the clinic know at your initial visit. In most cases, alternative medications which will not affect skin tests can be provided at the time of your initial clinic visit with skin testing postponed for a subsequent appointment.

List of Antihistamines

Some antihistamines are longer acting. These must be stopped for **7 days before** allergy testing :

- Cetirizine/Zyrtec
- Desloratadine/Clarinet
- Doxepin/Sinequan
- Fexofenadine/Allegra
- Loratadine/Claritin/Alavert/or generic
- Levocetirizine/Xyzal
- hydroxyzine/Atarax/Vistaril

Stop **two days before** the test:

- Actifed
- Advil Allergy/Sinus
- Chlorpheniramine/Chlortrimetron
- Cyproheptadine/Periactin
- Contac
- DayQuil
- Deconamine
- Dimetapp
- Diphenhydramine/Benadryl
- Drixoral
- Duravent DA
- Dura-tap
- Zantac/Ranitidine, famotidine, nizatidine
- doxylamine, pyrilamine, pheniramine (in allergy, cold and sinus preparations)
- phenergan, promethazine (in prescription cough syrups and anti-nausea)
- pericactin, cyproheptadine (appetite stimulant and other uses)
- meclizine, dimenhydrinate, Antivert, Bonine Dramamine (motion sickness)
- OTC cough, cold, allergy and sinus medications with antihistamines

Stop **one day before** the test if ok with PCP

- Amitriptyline/Elavil
- Desipramine/Norpramin
- Nortriptyline/Pamelor
- Imipramine/Tofranil
- Trazodone/Desyrl
- mirtazapine (Remeron)

Nose spray and eye drop antihistamines to stop 7 days prior to your appointment.

- azelastine (Astelin, Astepro, Dymista, Optivar)
- olapatadine (Pataday, patanol, Patanase)
- bepotastine (Bepreve)
- Ketotifen (Zaditor, Alaway)
- pheniramine (visine A, Naphcon A)
- epinastine/Elestat

Medications indicated below do not affect allergy skin tests and MAY BE CONTINUED

Allergy medications-- pseudoephedrine, phenylephrine decongestants

Singulair

prednisone, prednisolone, methylprednisolone, Medrol Lotemax eyedrops

Steroid nose sprays, such as Flonase, Veramyst, Nasonex, Nasocort, Rhinocort, Omnaris, Qnasl

Mucinex, guaifenesin

All asthma inhalers

dextromethorphan cough medications (e.g. Delsym)

Proton pump inhibitors Protonix, Prevacid, Nexium, Aciphex, Dexilant, omeprazole, Prilosec

Other medications without effect on allergy skin testing include antibiotics, high blood pressure, arthritis, cholesterol diabetes, cardiac, anticonvulsant, and thyroid medications, most insomnia, anxiety, depression medications including Ambien, Lunesta, Xanax, Ativan, Valium, Prozac, Effexor, Zoloft, bupropion, Wellbutrin, fluoxetine, sertraline, Celexa, Lexapro, and eye drops used for glaucoma

If you have any questions about the possible effect of other medications you might be taking, do not hesitate to contact the clinic.