ALLERGY TESTING

Important Medication instructions

You must not take any antihistamines for at least one week before your test. Antihistamines are allergy relief medications and will interfere with the results of your skin testing. Antihistamines are available over-the-counter and by prescription. Please check the list below before taking any medications.

Acrivastine
Alavert®
Allegra®
Amitriptyline
Antivert®
Astellin®
Astepro®
Atarax®
Azelastine
Benadryl®
Carbinoxamine Maleate
Cetirizine
Chlorpheniramine Maleate
Chlor-Trimeton®
Claritin®
Clarinex®
Dimetane®
Diphenhydramine
Doxepin hydrochloride
Dramamine®
Elavil®
Fexofenadine
Loratadine
Meclizine hydrochloride
Optimine®
Phenergan®
Patanase®
Periactin®
Piperazine
Pipelennamine
Sinequan®
Tavist®
Tekrai®
Temaril®
Thorazine®
Vistaril®
Xyzal®
Zyrtec®

Please avoid the following medications that are sold by prescription or over-the-counter:

- Over-the-counter sleep aids
- Appetite suppressant/diet medications
- Medications with the words “allergy relief” or “PM” such as:
  - Tylenol® PM
  - Tylenol® Sinus and Allergy
  - Excedrin® PM

Please notify your ENT physician or allergy nurse if you are taking any steroids, antidepressants, or high blood pressure medications.

You may continue to take all other medications you have been taking including:

- Sudafed® or pseudoephedrine (as long as there is no history of high blood pressure)
- Steroid nasal sprays (Fionase®, Rhinocort®, Nasonex®, Nasacort®, Nasarel®, Veramyst®, Fluticasone, Omnis® etc.)
- Guaifenesin (Humibid®, Robitussin®, Liquibid®, Profen Il Forte®, Duratuss™, Mucinex®)
- Pain medications – OTC and Prescription – (Tylenol®/acetaminophen, Excedrin®, Aleve, Advil®/ibuprofen/Motrin®, Aspirin®)
- Singular®
- Asthma Inhalers

On the day of your test please:

- Allow at least 1 to 1-1/2 hour(s) for the test.
- Eat breakfast or lunch prior to your testing appointment.
- Wear a comfortable sleeveless or loose knit short-sleeve shirt.
  Testing is done on the upper outer arms.