

PATIENT INSTRUCTIONS FOR ALLERGY SKIN TESTING

Please review all of your medications with the nurse or doctor when you schedule your allergy testing.

DON'T'S:

1. Do not take **beta blockers** (Sectral, Tenormin, Zebeta, Cartro, Coreg, labetalol, metoprolol, Corgard, Levatol, Visken, Inderal, Betapace, Blocadren). ACE inhibitors and calcium channel blockers are O.K.
2. Do not take **over-the-counter antihistamines, cold tablets or cough syrup** for **48 hours** prior to the test. This includes Benadryl, Chlor-Trimeton, Tavist, Dramamine and Atarax and cold and flu medications
3. Do not take **prescription antihistamines** for **5 full days** prior to the test. This includes Allegra, Claritin, Clarinex, Zyrtec and Astelin.
4. Do not take prescription or **over-the counter sleeping medications** for **48 full hours** prior to the test. This includes Nytol, Tylenol PM and Excedrin PM. These medications often contain antihistamines.
5. Do not take any **stomach medications** such as Zantac, Tagamet, Pepsid or Axid, for **48 hours** prior to your test. Prilosec, Prevacid, Nexium and Aciphex are O.K. to take.

DO'S:

1. You may continue to use **prescribed nasal sprays**, such as Flonase, Nasonex, Nasacort or Rhinocort. The only exception is Astelin, which is an antihistamine.
2. **Medications for other medical conditions**, such as asthma, diabetes, heart disease or arthritis may be taken. Oral inhalers such as Alupent and Advair, are O.K.
3. Please wear a sleeveless shirt, or a shirt that can be pushed to the top of your shoulder (like a t-shirt), and feel free to bring a book if you like, as you will be here for approximately two hours.
4. You may resume all of your medications after you have completed your testing.