

PATIENT INSTRUCTIONS FOR ALLERGY SKIN TESTING

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

DON'T'S:

1. Do not take **beta blockers** (Sektal, Tenormin, Zebeta, Catro, 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 **5-7 days** prior to the test. This includes Benadryl, Chlor-trimeton, Tavist, Dramamine, Atarax, and cold and flu medications.
3. Do not take **prescription antihistamines** for **7-10 days** prior to the test. This includes Allegra, Claritin, Clarinex, Zyrtec and Astelin. Please also stop all antihistamine **eye drops 7-10 days** prior to testing.
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.
6. Please **do not wear lotion** or any kind of **oils on your skin** the day of your test.

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 should (like a t-short), and feel free to bring a book if you like, as you will be here for approximately two hours.

MEDICATIONS THAT MAY NEED TO BE AVOIDED PRIOR TO SKIN TESTING

ANTIHISTAMINES: STOP 7-10 DAYS BEFORE TESTING

May be part of cold, nausea, seasick or sleep medications.

<u>Brands</u>	<u>Generic</u>	<u>Brands</u>	<u>Generic</u>
Semprex	Acrivastine	Claritin, Claritin D	Loratidine
Optimine, Trinalin	Azatadine	Alavert	
AccuHist, Bromfed, Iodrane	Bropheniramine	Antivert	Meclizine
PedioX, Cardec	Carbinoxamine	Nolahist	Phenindamine
Zyrtec, Zyrtec D	Cetirizine	Phenergan	Promethazine
Dayhist, Tavist	Clemastine	Viravan	Pyrilamine
Periactin	Cyproheptadine	Xyzal	Levocetirizine
Clarinx, Clarinex D	Delsoratidine		
Dramamine	Dimenhydrinate		
Benadryl	Diphenhydramine		
Allegra, Allegra D	Fexofenadine		
Atarax, Vistaril	Hydroxyzine		
Actifed, Allecron, Triacin	Tripolidine		
Ah-chew, Aller-Chlor, Atrohist	Chlorpheniramine		
Chlor-Amine, Chlor-Trimetron,			
Deconamine, Extendryl, Histussin,			
Hycomine, Kronofed, Nalamine,			
Tussi-12, Tussionex, Tylenol (Allergy and Flu products)			

EYE DROPS: STOP 7-10 DAYS BEFORE TESTING

<u>Brands</u>	<u>Generic</u>	<u>Brands</u>	<u>Generic</u>
Optivar	Azelastine	Zaditor	Ketotifen
Elestat	Epinastine	Livostin	Levocarbastine
Patanol, Pataday	Olopatadine	Naphcon-A	Pheniramine

NOSE SPRAYS: 7-10 DAYS BEFORE TESTING

<u>Brands</u>	<u>Generic</u>
Astelin	Azelastin

HEARTBURN MEDICINES: STOP 5 DAYS BEFORE TESTING

<u>Brands</u>	<u>Generic</u>
Tagamet	Cimetidine
Pepcid	Famotidine
Axid	Nizatidine
Zantac	Ranitidine

HEART/ HIGH BLOOD PRESSURE/MIGRAINE MEDICINES: STOP 5 DAYS BEFORE TESTING

<u>Brands</u>	<u>Generic</u>	<u>Brands</u>	<u>Generic</u>
Monitan, Sectaral	Acebutolol	Corgard	Nadolol
Tenoretic, Tenormin	Atenolol	Levatool	Penbutolol
Kerlone	Betaxolol	Visken	Pindolol
Zebeta, Ziac	Bisoprolol	Inderal	Propranolol
Cartrol	Carteolol	Coreg	Carvedilol

ANTIDEPRESSANTS: STOP 5 DAYS BEFORE TESTING

<u>Brands</u>	<u>Generic</u>	<u>Brands</u>	<u>Generic</u>
Elavil, Vanatrip	Amitriptyline	Tofranil	Imipramine
Norpramine	Desipramine	Aventyl, Pamelor	Nortriptyline
Sinequan	Doxepin	Vivactil	Protrptyline
Surmontil	Tripramine		