



Preparing For Your Allergy Test

It's time to find out what is causing your allergies. The allergy test for inhalant allergies is very simple. Testing is performed on the arms for adults and on the back for children. Please review the following instructions to help you prepare for your scheduled allergy test.

1. **DO** wear a shirt or top that is sleeveless, or has short and/or loose sleeves that will easily slide up to your shoulder.

2. **DO** eat something before you come to your appointment. You will only be allowed to consume water once testing begins, which may take up to 2 hours. There are no food or beverage restrictions once the testing is over.

3. **DO NOT** wear perfumes, colognes or any other scented products to the office.

4. **DO NOT TAKE ANY ANTIHISTAMINES 1 WEEK PRIOR TO YOUR ALLERGY TEST.**

This includes oral medications or nasal sprays containing an antihistamine such as Claritin (Loratidine), Claritin D, Clarinex (Desloratidine), Zyrtec (Cetirizine), Zyrtec D, Xyzal (Levocetirizine), Allegra (Fexofenadine), Allegra D, Benadryl (Diphenhydramine), Bromfed, Chlor Trimton, Astelin, Patanase, Astepro, Dymista or other over-the-counter allergy/sinus/cold medications that list an antihistamine as a component. All of the medications listed above may give a false negative result during the test. Topical antihistamines including Optivar (Azelastine Ophthalmic), Patanol (Olopatadine Ophthalmic) and Pataday (Olopatadine Ophthalmic) need to be discontinued **48 hours** before testing. Please see back page for the full list of medications to be discontinued.

5. To help with your symptoms prior to your allergy test, if you do not have hypertension, you may take an over-the-counter decongestant such as Sudafed (pseudoephedrine) or Afrin (Oxymetazalone) topically for no more than 4 days. Continue to use steroid nasal sprays such as Flonase (Fluticasone), Nasonex, Rhinocort, Nasacort, Omnaris, Zetonna or Qnasl, if you have them. Atrovent (Ipratropium Bromide) nasal spray may also be used.

6. **DO NOT TAKE ANY ASPIRIN / NSAID PRODUCTS OR FISH OIL PRODUCTS 5 DAYS PRIOR TO YOUR TEST.** This includes products such as Ibuprofen (Advil, Motrin, Aleve), Excedrin, Alka Seltzer products that contain Aspirin, Goody's Powder, BC Powder, etc. Only Tylenol (Acetaminophen) and Extra-Strength Tylenol are acceptable. Please see back page for the full list of medications to be discontinued.

7. Once the testing is over you should also be able to drive yourself home and go about the rest of the day's planned activities. Exercise should be avoided 2 hours before and 4 hours after allergy testing. Children under the age of 18 years must be accompanied by an adult for the entire duration of their skin testing.

If you have any questions or concerns about allergy testing or medications, please contact our office at (704)703-1080.

If for any reason you need to reschedule or cancel your testing appointment, please call as soon as possible. Because of the number and amount of resources reserved for your testing, if allergy testing is not canceled more than 24 hours before your test you will be charged \$75 for missing your appointment.

Medications You Must Avoid Prior To Allergy Testing

Antihistamines

(Do not take 7 days prior to testing)

Zyrtec/Zyrtec-D (Cetirizine)
 Xyzal (Levocetirizine)
 Allegra/Allegra-D (Fexofenadine)
 Clarinex (Desloratidine)
 Claritin/Claritin-D (Loratidine)
 Benadryl/Diphenhydramine
 Astelin
 Patanase
 Astepro
 Dymista
 Atarax/Hydroxyzine
 AllerX
 Phenergan (Promethazine)
 Meclizine/Antivert
 Vistaril

This includes over-the-counter allergy/sinus/cold medications that contain an antihistamine. You CAN use decongestants such as Sudafed (pseudoephedrine), if you do not have hypertension, or Afrin (Oxymetazalone) topically for no more than 4 consecutive days, and continue to use steroid nasal sprays such as Flonase (Fluticasone), Nasonex, Rhinocort, Nasacort, Omnaris, Zetonna, or Qnasl if you have them. You may also continue to use Atrovent (Ipratropium Bromide) nasal spray. Ask our office or your pharmacist if you are not certain about a given medicine.

Topical Anti-Histamines

(Do not take 48 hours prior to testing)

Optivar (Azelastine Ophthalmic)
 Patanol (Olopatadine Ophthalmic)
 Pataday (Olopatadine Ophthalmic)

Antidepressants/Anti-Anxiety

(Do not take 7 days prior to testing)

Elavil/Vanatrip/Endep/Etrafon/Limbitrol (Amitriptyline)
 Anafranil (Clomipramine)
 Sinequan/Zonalon/Adapin (Doxepin)
 Tofranil (Imipramine)
 Asendin (Amoxampine)
 Norpramin (Desipramine)
 Aventyl/Pamelor (Nortriptyline)
 Surmontil (Trimipramine)
 Ludiomil (Maprotiline)
 Vivactil (Protriptyline)
 Mirtazapine/Remeron

If you are taking any anti-depressants or anti-anxiety medications listed above **DO NOT stop taking them**. Contact our office and we will work with you to contact your prescribing physician to discuss if these medications can be discontinued prior to allergy testing.

Aspirin / NSAID Products

(Do not take 5 days prior to testing)

Ibuprofen
 Excedrin
 Alka Seltzer products with aspirin
 Goody's Powder
 BC Powder
 Advil
 Motrin
 Aleve

H-2 Blockers

(Do not take 48 hours prior to testing)

Tagamet (Cimetidine)
 Zantac (Ranitidine)
 Axid (Nizatidine)
 Pepcid (Famotidine)

Herbal Supplements

(Do not take 4 days prior to testing)

Licorice Green Tea
 Saw Palmetto
 St. John's Wort
 Feverfew
 Milk Thistle
 Astragalus

Fish Oil (Omega 3, Krill Oil)

(Do not take 5 days prior to testing)

Beta Blockers Oral

(Do not take 14 days prior to testing)

Betapace/Sorine (Sotalol)
 Betimol/Cosopt/Timolide (Timolol)
 Betoptic/Kerlone (Betaxolol)
 Blocarden (Timolol maleate)
 Brevibloc (Esmolol)
 Cartrol (Carteolol)
 Coreg (Carvedilol)
 Corgard/Corzide (Nadolol)
 Inderal/Inderide (Propranolol)
 Levatol (Penbutolol)
 Lopressor/Toprol XL (Metoprolol)
 Normodyne/Trandate (Labetolol)
 Sectral (Acebutolol)
 Tenoretic/Tenormin (Atenolol)
 Visken (Pindolol)
 Zebeta/Ziac (Bisoprolol)

Beta Blockers Topical Ophthalmic

Preparations

(Do not take 14 days prior to testing)

AK-Beta/Betagan Liquifilm (Levobunolol)
 Betoptic (Betaxolol)
 Betaxon (Levobetaxolol)
 Cosopt/Timoptic (Timolol)
 Ocupress (Carteolol)
 OptiPranolol (Metipranolol)

Any medication with a generic name that ends in "olol" is a beta blocker. **DO NOT STOP taking oral or topical beta blockers**. Contact our office and we will work with you to contact your prescribing physician to discuss if these medications can be discontinued or switched to an alternative medication such as a calcium channel blocker that is safe with allergy testing. Switching from beta blockers to other medications **MUST** be handled only under the direction and supervision of the physician who is prescribing these medications for you.

Beta Agonists

Oral Albuterol Sulfate tablet

If you are taking ORAL Albuterol sulfate for Asthma Contact our office and we will work with you to contact your prescribing physician to discuss if this can be discontinued 4 days prior to