



MEDICATIONS & ALLERGY TESTING

7 DAYS PRIOR TO YOUR ALLERGY TEST: DO NOT TAKE:

*****Certain antihistamines can suppress histamine release longer than others and thus must be held for a longer period prior to your allergy test*****

1st generation antihistamines:

Carbinoxamine (Karbinal) Doxepin
 Clemastine (Tavist/Tavist-D) Hydroxyzine (Atarax/Vistaril)
 Cyproheptadine (Periactin)

2nd generation antihistamines:

Cetirizine (Zyrtec) Levocetirizine (Xyzal)
 Desloratadine (Clarinet) Loratadine (Claritin)
 Fexofenadine (Allegra)

3 DAYS PRIOR TO YOUR ALLERGY TEST: DO NOT TAKE:

Antihistamines <i>(including over the counter allergy, cold or sinus meds)</i> *On avg these meds don't suppress histamine for longer than 3days*	1st generation products:		H² blockers:	
	Actifed Chlorpheniramine Chlor-Trimeton "Cold & Sinus" Products Diphenhydramine (Benadryl) "PM" Products (Excedrin PM/ Tylenol PM/ Midol PM)	Midol Promethazine (Phenergan) Tussionex Meclizine (Antivert)	Cimetidine (Tagamet) Famotidine (Pepcid) Ranitidine (Zantac)	
3 DAYS PRIOR TO ALLERGY TEST: DO NOT TAKE...				
Sedatives <i>(examples)</i>	**Check with the physician whom prescribed the medication prior to stopping it** Ambien Lunesta Rozerem Halcion Restoril Sonata			
Muscle Relaxers <i>(examples)</i>	**Check with the physician who prescribed the medication prior to stopping it** Baclofen Flexeril Skelaxin Soma			
Anti- inflammatory	Aleve Ibuprofen (Advil) Naproxen Aspirin Meloxicam (Mobic)			
Supplements	Multivitamins Vitamin C Airborne			

24 HOURS PRIOR TO TEST DO NOT TAKE:

BETA BLOCKERS **Must have written consent from the physician whom prescribed the medication to allow patient to HOLD 24hrs prior to test and allergy immunotherapy**

Acebutolol	Metoprolol (Toprol/Lopressor)
Atenolol	Nadolol
Carvedilol (Coreg)	Propranolol (Inderal)
Labetolol	Timolol (Cosopt/Timoptic)

*****This is not a comprehensive list of beta-blockers. If you have questions about whether one of the medications you are on is a beta-blocker, please call and discuss with our allergy staff. *****

Tricyclic Antidepressants <i>(examples)</i> & Miscellaneous Drugs	**Check with the physician who prescribed the medication prior to stopping it**	
	Amitriptyline (Elavil, Triavil) Clomipramine (Anafranil) Desipramine (Norpramin/Pertofrane) Imipramine (Janimine/Pramine/Tofranil) Mirtazapine (Remeron)	Nortriptyline (Aventyl/Pamelor) Parnate (Tranlycypromine) Phenelzine (Nardil) Protriptyline (Vivactil) Quetiapine (Seroquel)
Benzodiazepines	**Check with the Doctor who prescribed these meds prior to stopping them** Alprazolam (Xanax) Lorazepam (Ativan) Clonazepam (Klonopin) Diazepam (Valium)	

YOU DO NOT NEED TO STOP THE FOLLOWING:

Antibiotics Tylenol (Acetaminophen) Birth Control or Hormones Blood Pressure Meds (<i>except Beta Blockers – see above</i>)	ADD/ADHD Medications Oral Steroids (Prednisone) Fluid Pills	Asthma Medications / Inhalers Decongestants (<i>without antihistamines</i>) Sinus /Saline Rinses Singulair Nasal Steroid Sprays (i.e. Flonase)
Antidepressants (SSRIs/SNRIs) <i>(examples)</i>	Bupropion (Wellbutrin) Citalopram (Celexa) Escitalopram (Lexapro) Fluoxetine (Prozac) Fluvoxamine (Luvox)	Milnacipran (Savella) Paroxetine (Paxil) Sertraline (Zoloft) Trazodone Venlafaxine (Effexor)
Proton Pump Inhibitors <i>(examples)</i>	Dexlansoprazole (Dexilant) Esomeprazole (Nexium) Lansoprazole (Prevacid)	Omeprazole (Prilosec/Zegerid) Pantoprazole (Protonix) Rabeprazole (Aciphex)

PLEASE NOTIFY THE ALLERGY STAFF IF YOU HAVE:

Heart / Cardiac problems	Uncontrolled Asthma	Pacemaker	Pregnant
Tattoos or scarring or s/p mastectomy that may affect the use of your arms for testing			

ON THE DAY OF THE TEST:

- Wear short-sleeved or sleeveless shirt
- The test will take approximately 1.5 hours to complete.
- Do not come to the test hungry. Please eat/drink before you come – this is not a fasting test.
- If you were given numbing cream apply liberally to both upper arms and both forearms 1 hr before test and wrap arms in saran wrap
- If you have sleeved tattoos, scarring on your forearms or upper arms, or medical conditions that would prevent us from using your arms for testing (i.e. mastectomy), please inform us prior to your appointment so we may adjust our testing methods.

Please notify us at least 24 hrs in advance if you need to cancel your test. If we're not notified, there will be a \$100 missed appointment charge.

Please call us if you have any questions:

CHESAPEAKE (Main Office)
500 Independence Pkwy #100
Chesapeake, VA 23320
(757) 547-9714

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361 Southport Circle #100
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