

MEDICATIONS & ALLERGY TESTING

7 DAYS PRIOR TO YOUR ALLERGY 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 (Clarinex) Loratadine (Claritin)
Fexofenadine (Allegra)

3 DAYS PRIOR TO YOUR TEST DO NOT TAKE:

ANTI-HISTAMINES

(including over the counter allergy, cold or sinus meds)

On avg these meds don't suppress histamine for longer than 3days

1st Generation products:

Actifed Midol
Chlorpheniramine Promethazine (Phenergan)
Chlor-Trimeton Tussionex
"Cold & Sinus" Products Meclizine (Antivert)
Diphenhydramine (Benadryl)
"PM" Products (Excedrin PM/ Tylenol PM/ Midol PM)

Antacids:

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

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. Most Beta-Blocker medications end in "lol". 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.*****

DAY OF TEST PRIOR TO TEST DO NOT TAKE:

Tricyclic Antidepressants (examples) & Miscellaneous Drugs	**Check with your prescribing Doctor prior to discontinuing these medications**	
	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 your prescribing Doctor prior to discontinuing these medications**	
	Alprazolam (Xanax) Lorazepam (Ativan) Clonazepam (Klonopin) Diazepam (Valium)	

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YOU DO NOT NEED TO STOP THE FOLLOWING:

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

PLEASE NOTIFY THE ALLERGY STAFF IF YOU HAVE:

- Heart / Cardiac problems
- Pacemaker
- Pregnant
- Uncontrolled Asthma
- 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
- Eat or drink prior to the test - this is not a fasting test
- If given a 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:

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