

South Texas ENT Consultants

Allergy Offices (210) 614-5600, Ext. 112 or Ext. 142

ALLERGY TESTING

Important Medication instructions

You **must not take any antihistamines** for at least **one week** before your test. Antihistamines are allergy relief medications and will interfere with the results of your skin testing. Antihistamines are available over-the-counter and by prescription. Please check the list below before taking any medications.

Acrivastine

Alavert[®]

Allegra[®]

Amitriptyline

Antivert[®]

Astelin[®]

Astepro[®]

Atarax[®]

Azelastine

Benadryl[®]

Carbinoxamine Maleate

Cetirizine

Chlorpheniramine Maleate

Chlor-Trimeton[®]

Claritin[®]

Clarinex[®]

Dimetane[®]

Diphenhydramine

Doxepin hydrochloride

Dramamine[®]

Elavil[®]

Fexofenadine

Loratadine

Meclizine hydrochloride

Optimine[®]

Palgic[®]

Patanase[®]

Periactin[®]

Phenergan[®]

Polaramine[®]

Pipelennamine

Sinequan[®]

Tavist[®]

Tekral[®]

Temaril[®]

Thorazine[®]

Vistaril[®]

Xyzal[®]

Zyrtec[®]

Please avoid the following medications that are sold by prescription or over-the-counter:

- Over-the-counter sleep aids
- Appetite suppressant/diet medications
- Medications with the words “allergy relief” or “PM” such as:
Tylenol[®] **PM**
Tylenol[®] **Sinus and Allergy**
Excedrin[®] **PM**

Please notify your ENT physician or allergy nurse if you are taking any steroids, anti-depressants, or high blood pressure medications.

You may continue to take all other medications you have been taking including:

- Sudafed[®] or pseudoephedrine (as long as there is no history of high blood pressure)
- Steroid nasal sprays (Flonase[®], Rhinocort[®], Nasonex[®], Nasacort[®], Nasarel[®], Veramyst[®], Fluticasone, Omnaris[®], etc.)
- Guaifenesin (Humibid[®], Robitussin[®], Liquibid[®], Profen II Forte[®], Duratuss[™], Mucinex[®])
- Pain medications – OTC and Prescription – (Tylenol[®]/acetaminophen, Excedrin[®], Aleve, Advil[®]/ibuprofen/Motrin[®], Aspirin[®])
- Singular[®]
- Asthma Inhalers

On the day of your test please:

- Allow at least 1 to 1-1/2 hour(s) for the test.
- Eat breakfast or lunch prior to your testing appointment.
- Wear a comfortable *sleeveless or loose knit short-sleeve shirt*.
Testing is done on the upper outer arms.