

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	Claritin [®]	Polaramine
Allegra[®]	Dimetane	Pripelennamine
Antivert[®]	Diphenhydramine	Sinequan[®]
Astelin[®]	Doxepin hydrochloride	Tavist [®]
Atarax[®]	Dramamine	Temaril
Benadryl[®]	Meclizine hydrochloride	Thorazine[®]
Carbinoxamine Maleate	Optimine	Vistaril[®]
Chlorpheniramine Maleate	PBZ	Zyrtec[®]
Chlor-Trimeton [®]	Periactin [®]	
Clarinex [®]	Phenergan[®]	

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[®] of pseudoephedrine (as long as there is no history of high blood pressure)
- Steroid nasal sprays (Flonase[®], Rhinocort[®], Nasonex[®], Nasacort[®], Nasare[®]1, etc.)
- Guaifenesin (Humbid[®], Robitussin[®], Luquibid, Profen II Forte[®], Duratuss[™], Mucinex)
- Pain medications – OTC and Prescription – (Tylenol/Acetaminophen, Excedrin, Aleve, Advil/Ibuprofen/Motrin, Aspirin)

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.