

## 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	<b>Chlor-Trimeton</b> <sup>®</sup>	<b>Patanase</b> <sup>®</sup>
<b>Alavert</b> <sup>®</sup>	<b>Claritin</b> <sup>®</sup>	<b>Periactin</b> <sup>®</sup>
<b>Allegra</b> <sup>®</sup>	<b>Clarinex</b> <sup>®</sup>	<b>Phenergan</b> <sup>®</sup>
Amitriptyline	<b>Dimetane</b> <sup>®</sup>	<b>Polaramine</b> <sup>®</sup>
<b>Antivert</b> <sup>®</sup>	Diphenhydramine	Pipelennamine
<b>Astelin</b> <sup>®</sup>	Doxepin hydrochloride	<b>Sinequan</b> <sup>®</sup>
<b>Astepro</b> <sup>®</sup>	<b>Dramamine</b> <sup>®</sup>	<b>Tavist</b> <sup>®</sup>
<b>Atarax</b> <sup>®</sup>	<b>Elavil</b> <sup>®</sup>	<b>Tekral</b> <sup>®</sup>
Azelastine	Fexofenadine	<b>Temaril</b> <sup>®</sup>
<b>Benadryl</b> <sup>®</sup>	Loratadine	<b>Thorazine</b> <sup>®</sup>
Carbinoxamine Maleate	Meclizine hydrochloride	<b>Vistaril</b> <sup>®</sup>
Cetirizine	<b>Optimine</b> <sup>®</sup>	<b>Xyzal</b> <sup>®</sup>
Chlorpheniramine Maleate	<b>Palgic</b> <sup>®</sup>	<b>Zyrtec</b> <sup>®</sup>

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