

**WHY TESTING IS RECOMMENDED:** Your current symptoms and exam suggest that your body may be reacting to allergens in your environment. By testing for these allergens, we can develop a personal treatment plan for you to help your symptoms.

**MEDICATIONS TO STOP BEFORE TESTING:** Antihistamines, both prescription and over the counter negatively affect the results of skin tests. In addition, many medications can act like antihistamines. These include over the counter allergy, cold and cough medications, sleep-aids, acid reducers/heartburn medications and eye drops. Beta-blockers and certain uncommon antidepressants also should be stopped, but we will need a written or verbal permission from your primary care doctor before stopping these. Please refer to the **back of this handout** for a list of medications that should be avoided.

- **Note:** *If you are unsure about any medications, please call our office. If these medications are not stopped by the required number of days before the appointment, we will not be able to complete the skin testing on the day of appointment.*

**WHAT TO BRING:** Please bring any medical forms that we asked you to fill out prior to testing. Loose clothing will make the testing easier to perform. You will also want to avoid applying any lotions or creams to your arms or back. You may want to bring reading material to enjoy while waiting for results and any medications that you did not take in preparation for testing.

**WHAT TO EXPECT:** Our staff will first review your medical history forms and ensure that you are ready for testing. Allergy testing will be done on either your forearm or back. We will clean and mark the testing area and then apply the allergens using the most comfortable and efficient testing equipment available.

**WHAT HAPPENS AFTER TESTING:** 15 minutes after allergens are applied, we will measure your response and interpret the results for you. A provider will also review a treatment plan personal to your results.

## 14 DAYS BEFORE YOUR APPOINTMENT, STOP (WHEN CLEARED BY PRIMARY PHYSICIAN):

- Elavil® (Amitriptyline)
- Anafranil® (Clomipramine)
- Tofranil® (Imipramine)
- Pamelor® (Nortriptyline)
- Limbitrol®
- Vivactil® (protriptyline)
- Surmontil® (trimipramine)
- Doxepine, Norpramin, Desipramine

## 7 DAYS BEFORE YOUR APPOINTMENT, STOP ALL BETA BLOCKERS

**We must receive clearance by your primary care physician.** If you are taking one of these medications, you will be notified by one of our providers and a request will be made to your prescribing physician to authorize stopping the medication.

## 5 – 7 DAYS BEFORE YOUR APPOINTMENT, STOP:

- Claritin® (Alavert, Loratadine)
- Zyrtec® (Cetirizine)
- Allegra® (Fexofenadine)
- Clarinex® (Desloratadine)
- Atarax® (Vistaril®, Hydroxyzine)
- Tavist® (Clemastine)
- Periactin® (Cyproheptadine)\*

## 3 DAYS BEFORE YOUR APPOINTMENT, STOP:

- Actifed
- Astelin® (Azelastine)
- Antihist
- Azatadine (Optimine, Trinalin)
- Benadryl (Diphenhydramine)
- Bromfed
- Brompheniramine
- Cabinoxamine (Rondec)
- Chlopheniramine (Chlortrimeton)
- Deconamine
- Desloratidine (Clarinex)
- Dimenhydrinate (Dramamine)
- Dimetapp
- Diphenhydramine (Benadryl)
- Diphenylpyraline (Hispril)
- Doxylamine (Bendectin, Nyquil)
- Drixoral
- Kronofed
- Meclizine (Antivert)
- Methdilazine HCl (Tacaryl)
- Naldecone
- Novafed-A
- Ornade
- Patanase
- Phenergan (Promethazine)
- Phenindamine (Nolamine, Nolahist)
- Pheniramine (Polyhistine D)
- Poly-Histine-D
- Promethazine HCl (Phenegan)
- Ppyrilamine (Kronohist, Rynatan)
- Rynatan
- Trimeprazine (Temaril)
- Trinalin
- Triprolidine (Actifed)

## 1 DAY BEFORE YOUR APPOINTMENT, STOP:

- Zantac® (Ranitidine)
- Pepcid® (Famotidine)
- Tagamet® (Cimetidine)
- Axid® (Nizatidine)

