

Allergy Testing Instructions

Please allow about 60-90 minutes, wear a loose short-sleeve or sleeve-less shirt. Testing is usually done on both arms. If you have Asthma, **you must bring your prescribed albuterol rescue inhaler** with you. Do not discontinue taking your regular asthma medication. A parent must be present throughout testing for minors. **Please avoid strenuous activity 2 hours before and after allergy testing.**

Medications to Avoid Prior to Allergy Testing

The medication listed below will interfere with allergy skin testing and should be discontinued as specified. If you have a medical condition that may worsen without one of the medications or have questions contact our office prior to stopping the medication.

Allergy Hold for 7 days	Heartburn GERD Hold for 2 days	Anti-Anxiety Hold for 5 days	Herbal Supplements Hold for 5 days	Miscellaneous	If taking any of these, call our office
diphenhydramine (Benadryl, Allernix, Nytol)	cimetidine (Tagament)	hydroxyzine (Atarax, Marax, Vistaril)	Licorice	Compazine Hold for 3 days	Amitriptyline (Elavil) Clomipramine (Anafranil)
chlorpheniramine (Chlortrimeton, Deconamine, Kronofed, Novafed, Rynatan, Tussinex)	ranitidine (Zantac)	Alprazolam (Xanax)	Green Tea	Cisapride Hold for 24 hours	Doxepin (Sinequan)
	promethazine (Phenergan)				Imipramine (Tofranil)
clemastine (Tavist, Antihist)	Nizatidine (Axid)	Clonazepam (Klonopin)	Saw Palmetto	Reglan Hold for 24 hours	Trimipramine (Surmontil)
pseudoephedrine (Actifed, Aprodine, Wal- Act)	Famotidine (Pepicd)		St. John's Wort	Singulair Hold for 24 hours	Amoxapine (Asendin)
brompheniramine (Actifed, Atrohist, Dimetapp, Drixoral)	Omeprazole (Prilosec)	Eye Drops Hold for 5 Days	Feverfew	Zyflo Hold day of test	Desipramine (Nurpramin)
loratadine (Claritin, Claritin D, Alavert)	Lansoprazole (Prevacid)	bepotastine (Bepreve)	Vitamin C	Accolate Hold Day of Test	Nurtriptyline (Pamlor, Aventyl)
fexofenadine (Allegra)	rabeprazole (Aciphex)	ketotifen (Zaditor, Alaway)	Bee Pollen	"PM Medications" Hold 5 days	Protriptyline (Vivactil)
desloratadine (Clarinex)					
cetirizine (Zyrtec)	Nose Spray Hold 5 Days	olapatadine (Pataday, Patanase)	Milk Thistle	Tylenol PM Advil PM Excederine PM	Maprotiline (Ludimoil)
levocetirizine dihydrochloride (Xyzal)	azelastine (Astelin, Astepro, Dymista, Optivar)	pheniramine (Visine A, Naphcon A) – OK to stop for 2 days	Astragalus	Simply Sleep Nyquil	Trazodone (Desyrel)
					Nefazadone (Serzone)



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