

***ALLERGY TESTING***  
***PATIENT INSTRUCTIONS***

Your appointment is on: \_\_\_\_\_

**MEDICATIONS TO AVOID PRIOR TO ALLERGY TESTING**

Your provider has recommended for you to have an Allergy Skin Prick test to determine if pollens or other airborne allergens may be the contributing to your current symptoms. It is important to know certain over the counter & prescription medications can interfere with the validity of the data collected during the allergy testing or with treatment in the event of an adverse reaction occurs.

**For this reason, please review and discontinue the use of select medications  
listed in this packet.**

**If you have any questions, need help verifying which medications to  
discontinue, or to reschedule your allergy test please contact our Allergy Dept  
at 910 762-8754**

**Antihistamines:****Discontinue 7 days prior to Allergy Test**

<b>Brand name</b>	<b>Generic name</b>
Allegra	Fexofenadine
Antivert	Meclizine
Atarax	Hydroxyzine
Benadryl	Diphenhydramine
Claritin	Loratadine
Chlor-Trimeton	Chlorpheniramine
Dramamine	Dimenhydrinate
Phenergan	Promethazine
Xyzal	Levocetirizine
Zyrtec	Cetirizine

**Common OTC Medications:****Discontinue 7 days prior to Allergy Test**

Actifed Sinus	Simply Sleep
Advil-PM	Tagamet
Children's allergy	Theraflu
Excedrin PM	Triaminic
Famotidine	Heartburn relief
Metoclopramide	Tylenol PM
Nyquil	Tussionex
Pepcid	Unisom
Ranitidine	Zantac
Reglan	ZZZQuil

**Nasal Sprays****Discontinue 7 days prior to Allergy Test**

Astelin	Alaway
Astepro	Ketotifen
Azelastine	Optivar
Dymista	Pataday

**Eye Drops****Discontinue 7 days prior to Allergy Test**

Patanol
Pazeo
Visine allergy
Zaditor

## **Topical Products**

### **Discontinue 7 days prior to Allergy Test**

Protopic Ointment      Tacrolimus

Primoxone

Luxiq

Cortone

### **Discontinue 3 weeks prior to Allergy Test**

Kenalog

Hydrocortisone

Betamethasone

Cortisone

Triamcinolone

**Xolair (Omalizumab)** can interfere with allergy skin testing for up to **6 months**. Please alert allergy dept. if you are currently undergoing treatment with this medication.

## **Herbal Supplements**

### **Discontinue 7 days prior to Allergy Test**

Astragalus                      Licorice supplement                      St. John's Wort

Feverfew                      Milk Thistle                      Cellulose

Green Tea supplement                      Saw Palmetto                      Spirulina

**\*\*If you are currently taking oral steroids, you must be off them for 10 prior days to Allergy test\*\***

Medrol    Prednisone

Methylprednisolone    Prednisolone

Orapred    Sterapred

## **\*\*Important\*\***

**Never Stop any blood pressure/ heart (beta-blocker) medications without first discussing with the prescribing physician.**

***You must provide written permission from that physician stating it is safe to stop to continue with allergy testing.***

### **Beta Blocking Agents**

#### **Discontinue 10 days prior to Allergy Test**

<b>Brand name</b>	<b>Generic name</b>	<b>Brand name</b>	<b>Generic Name</b>
Betapace	Sotalol	Sectral	Acebutolol
Blocadren	Timolol	Sorine	Sotalol
Brevibloc	Esmolol	Tenoretic	Atenolol
Bystolic	Nebivolol	Tenormin	Atenolol
Coreg/Coreg CR	Carvedilol	Timolide	Timolol
Corgard	Nadolol	Toprol	Metoprolol
Inderal/Inderide	Propranolol	Trandate	Labetalol
Lopressor	Metoprolol	Visken	Pindolol
Levatol	Penbutolol	Zebeta	Bisoprolol
Normodyne	Labetalol	Ziac	Bisoprolol

### **Beta blocker containing eye drops**

#### **Discontinue 10 days prior to Allergy Test**

<b>Brand name</b>	<b>Generic name</b>	<b>Brand name</b>	<b>Generic name</b>
Betagen	Levobunolol	Kerlone	Betaxolol
Betoptic	Betaxolol	Ocupress	Carteolol
Cosopt	Timolol with Dorzolamide	Optipranolol	Metipranolol
Istalol	Timolol Maleate	Timoptic	Timolol

## **\*\*IMPORTANT \*\***

**Never Stop any antidepressant (tricyclic) medications without first discussing with the prescribing physician.**

***You must provide written permission from that physician stating it is safe to stop to continue with allergy testing.***

### **Antidepressants**

**Discontinue 10 days prior to Allergy Test**

<b>Brand name</b>	<b>Generic name</b>	<b>Brand name</b>	<b>Generic name</b>
Anafranil	Clomipramine	Seroquel	Quetiapine
Clozaril	Clozapine	Sinequan	Doxepin
Elavil	Amitriptyline	Tofranil	Imipramine
Pamelor	Nortriptyline	Remeron	Mirtazapine

### **Benzodiazepines**

**Discontinue 10 days prior to Allergy Test**

<b>Brand name</b>	<b>Generic name</b>	<b>Brand name</b>	<b>Generic name</b>
Ativan	Lorazepam	Restoril	Temazepam
Halcion	Triazolam	Tranxene	Clorazepate
Klonopin	Clonazepam	Valium	Diazepam
Librium	Chlordiazepoxide	Versed	Midazolam
Onfi	Clobazam	Xanax	Alprazolam

### **Alternative to Allergy Skin Prick Testing**

If you or prescribing physician does not approve stopping a particular medication(s). You are not required to undergo allergy skin prick testing despite our physicians' preference. In these cases, we can recommend Blood Test for allergens.

### **Allergy testing for Pregnant Patients**

Patients who are pregnant or suspect pregnancy are not eligible for allergy skin prick testing. Blood Test for allergens is recommended during pregnancy.

**\*\*Please contact our Allergy Staff at (910)762-8754 ext: 119 or 131  
to receive paperwork for Blood Test.**

### **About Allergy Skin Testing**

All allergens used in testing contain extracts from pollens, molds, dust mites, insects or animal dander that may be causing your current symptoms. Our in-office method is Skin Prick Testing (SPT). A set of allergens is applied to the forearms using a small, pronged device that pricks the superficial layer of skin and simultaneously applies a drop of allergen to the site. The prick sites are measured after 20 minutes. This test takes approximately 30 minutes to complete.

### **Benefits of Allergy Skin Testing**

Allergy testing can aid in the identification of allergens that are causing your current nasal, sinus, eye, throat, ear or, respiratory symptoms. Allergy testing can also identify the degree of sensitivity you may have to specific allergens. This information will aid your doctor or provider in developing an effective treatment plan to improve your allergy symptoms.

## **Risks Associated with Allergy Skin Testing**

With allergy testing, as with any procedure that requires substances to be injected into the body, there is the possibility of adverse reactions. These generally are mild and include local reactions or mild systemic reactions. Although rare, more severe systemic reactions are possible.

### **Local Reactions (common):**

- ☐ Burning or itching at the injection site
- ☐ Swelling or hives at the injection site
- ☐ Mild pain and tenderness at the injection site

### **Mild Systemic Reactions (occasional):**

- ☐ Nasal congestion and/or runny nose with itching of ears, nose and or throat and/or sneezing occurring within two hours of the injection.
- ☐ Itchy, watery or red eyes

### **Severe Systemic Reactions include (rare):**

- ☐ Wheezing, coughing, shortness of breath and or airway swelling
- ☐ Generalized hives (welts)
- ☐ Swelling of the tissue around the eyes, the tongue, and or throat
- ☐ Stomach or uterine (menstrual-type) cramps
- ☐ Abnormalities of the heart beat
- ☐ Loss of ability to maintain blood pressure and pulse.
- ☐ Death

We want to assure you that we place great emphasis on patient safety and well-being for all patients in our care. We maintain all the necessary equipment, medications, and trained staff to respond effectively to these types of situations.