

## Things to Remember Before Your Allergy Test

1. Please bring your driver's license, insurance card, and allergy testing consent form (if you received it beforehand) to your appointment.
2. Expect to be in the office approximately 1 – 1 ½ hours during this appointment. If you do not have all of the necessary forms filled out, prior to testing, or if you require additional treatment, after testing, your time in the office will be longer.
3. Please do not apply lotion to your arms and/or back the day of testing.
4. Most importantly, in order to get accurate test results, please:
  - **Stop these oral anti-histamines for 5-7 days before your appointment:**
    - Allegra® (Fexofenadine), Atarax®/Vistaril® (Hydroxyzine), Zyrtec® (Cetirizine)
  - **Stop these oral anti-histamines for 3-4 days before your appointment:**
    - Actifed®, Dimetapp® (Brompheniramine), Benadryl® (Diphenhydramine), Chlortrimeton® (Chlorpheniramine), Clarinex® (Desloratadine), Claritin® (Loratadine), Phenergan® (Promethazine), Tavist®, Antihist® (Clemastine), Actifed®, Aller-Chlor®, Bromfed®, Drixoral®, Dura-tab®, Novafed-A®, Ornade®, Poly-Histine-D®, Trinalin®, or any Allergy/Sinus combination medicines

If you are taking an oral anti-histamine that is not listed stop the medicine for 3-4 days before your allergy test. If you are not sure if the medicine you are taking is an anti-histamine ask your doctor.

- **Stop these medications the night before your allergy skin test:**
  - Singulair® (montelukast), Accolate® (zafirlukast)
- **Stop these medications the morning of your appointment:**
  - Zyflo® (zileuton), Tagamet® (cimetadine), Zantac® (ranitidine), Pepcid® (famotidine), Axid® (nizatidine)

**\*Once your allergy test is complete you may resume taking these medications as directed.\***

- **Sometimes anti-depressants can also act as an anti-histamine. Let your doctor or Allergy Specialist know if you are on any anti-depressants or any of the medications below before your skin testing. (DO NOT STOP taking these medications without first consulting your doctor.)**
  - Amitriptyline (Elavil), Clomipramine (Anafranil), Doxepin (Sinequan), Imipramine (Tofranil), Trimipramine (Surmontil), Amoxapine (Asendin), Desipramine (Nupramin), Nurtiptyline (Pamelor, Aventyl), Protriptyline (Vivactil), Maprotiline (Ludiomil), Mirtazapine (Remeron), Trazadone (Desyrel), Nefazadone (Serzone)

5. If you have a fever or are feeling ill the day of your allergy test, please call and reschedule your appointment.