

## PREPARATION FOR ALLERGY TESTING



Your doctor has ordered allergy testing. Some medications may interfere with the allergy testing. Your medications will be reviewed at this time and you may be asked to temporarily stop such medicines. We test for 46 different allergens (pollens, dust mites, molds, cat, dog). Food allergies are evaluated by modified-RAST testing.

### **DON'TS:**

- Do not take Claritin, Clarinex, Zyrtec, Xyzal, or Allegra for 14 days prior to the allergy test.
- Do not take over the counter antihistamines or cold medications (Benedryl, cold & sinus medications, sleep aids like Tylenol PM) 14 days before the test.
- Do not take medications such as Tagament, Pepcid, or Zantac 14 day prior to testing, as these contain antihistamine.
- Do not take a tricyclic antidepressant medication. Please inform the allergy nurse if you do. These medications must be stopped 3 weeks prior to the allergy test with the permission of the prescribing physician. (Not all antidepressant medications are tricyclic).
- Do not take a beta-blocker medication. Please inform the allergy nurse if you do. Betablockers are medications used for treatment of high blood pressure, migraine headaches, heart problems, performance anxiety or glaucoma (eye drops).
- Do not wear cologne or scented body lotion. Other allergy patients could be sensitive to fragrances. Deodorant is fine.

TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST RESULTS, OR MAKE TESTING DANGEROUS! IF YOU ARE UNSURE ABOUT A MEDICATION, PLEASE ASK THE NURSE PRIOR TO YOUR APPOINTMENT.

### **DO'S:**

- You may continue to use steroid nasal sprays. You may not use antihistamine nasal sprays (i.e. Astelin, Astepro, Patanase etc.) for 3 days prior to testing.
- It is not necessary to be fasting or on a special diet for the test. Do continue your normal diet.

On the day of your test, the results will be reviewed, and you will receive a copy of your results if requested. All medications can be resumed after testing.

In an effort to make this test accessible for all of our patients, we appreciate a week notice for cancellation. The failure to cancel your appointment it may result in a \$50 administrative fee.

