

Appointment Date: __/__/__

Time: __: __

**PREPARING FOR YOUR ALLERGY TEST
PATIENT INFORMATION**

Please review the medication list below. It is **important** for proper test results that you **discontinue** the use of these medications for the time frame indicated.

PLEASE NOTE:

If you have a history of anaphylaxis (a life threatening allergic reaction) please **continue** the use of your medications even prior to your allergy test. If you are not sure of your history please consult your physician.

Medication to be Withheld Prior to Allergy Skin Testing
Antihistamines/ Medications containing Antihistamine

Antihistamines or Antihistamine containing medications to be withheld 3 days prior to your allergy test.	Actifed, Allegra, Aspirin, Atarax, Atrohist, Benadryl, Bromfed, Chlorpheniramine, Chlor-Trimeton, Clarinex, Claritin, Codimal, Comhist, Deconamine, Dimetapp, Dramamine, Extendryl, Isochlor, Kronofed A, Kronofed A Jr., Excedrin PM, Ibuprofen, Marax, Midol PM, Naladencon, Nolahist, Nalamine, Novahistinem Optimine, PBZ, Periactin, Phenergan, Polyhistine, Proaramine, Ritalin, Rondec, Ru-Tuss, Rynatan, Tavist 1, Tavist 2, Teldrin, Tagamet, Trinalin, Tylenol PM, Vistaril, Zantec, Zyrtec D & Zyrtec.
<u>Special Attention</u>	Claritin & Claritin-D – DO NOT take 7 days prior to your allergy test. Hismanal – DO NOT take 6 weeks prior to your allergy test. Avoid any over the counter preparations for cold, sinus or allergy.
Inhalers that should be avoided for 6 hours before testing if possible.	Azmacort, Alupent, Brethaire, Proventil, Serevent, Tornalata, Ventolin, Tilade & Flovent.
Inhalers that should be avoided for 24-48 hours before testing if possible.	Dulera

Please consult with your prescribing physician before stopping any antidepressants

Tricyclic Antidepressants

DO NOT take 3 days prior to your allergy test	Adapin, Anafranil, Asendin, Elavil, Etrafon, Limbitrol, Norpramin, Pamelor, Sinequan, Surmontil, Tofranil, Triavil, Vivactil.
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Antidepressants

DO NOT take 3 days prior to your allergy test	Atarax, Ativan, BuSpar, Desyrel, Effexor, Nardil, Paxil, Prozac, Remeron, Serzone, Sinequan, Surmontil, Tofranil, Trancopal, Tranzene, Valium, Vistaril, Wellbutrin, Xanax, Zoloft.
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PATIENT INFORMATION IS CONTINUED ON THE BACK

If you are currently taking a beta-blocker (listed below) prescribed by your physician you will not be allowed to have the allergy skin test performed unless; 1) the medication can be discontinued for or 2) substituted **3 days** prior to testing. If not, a standard and routine blood exam for allergies can be performed instead.

Below is a list of beta-blockers that may help you identify a medication that you are currently taking. These medications have various indications for use but are particularly used to treat a heart related condition. If you are taking medications for your heart and are not sure if they are classified as a beta-blocker please consult your physician.

► **Beta Blockers – for Hypertention (High Blood Pressure)**

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| •Betapace (Sotalol HCL) | •Blocadren (Timolol Maleate) | •Brevibloc (Esmolol) |
| •Cartrol (Cartelol HCL) | •Corgard (Nadolol) | •Corzide (Nadolol) |
| •Inderal (PropranololHCL) | •Inderide (Propranolol) | •Kerlone (Betaxolol HCL) |
| •Labetalol | •Levatol (Penbutolol) | •Lompressor(Metoprolol) |
| •Metoprolol | •Nadolol | •Normodyne (Labetalol) |
| •Normozide (Labetalol) | •Propranolol | •Sectral (Acebutolol) |
| •Sotalol | •Tenormin (Atenolol) | •Tenoretic (Atenolol) |
| •Timolide (Timolol Maleate) | •Troprol-XL (Metoprolol) | •Trandate (Labetalol) |
| •Visken (Pindolol) | •Zebeta (Bisoprolol) | •Ziac (Bisoprolol) |

► **Ophthalmic Beta Blockers – for Glaucoma**

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|----------------------|-----------------------|------------------------|---------------------|
| •Betaxan (Betaxolol) | •Betoptic (Betaxolol) | •Betagan (Levobunolol) | •Timoptic (Timolol) |
| •Cosopt (Timolol) | | | |

► **DO NOT TAKE** for **3 days** prior to your allergy test

- Medications: Antihistamines or antihistamine containing medication (See list)
- Muscle Relaxers or Tranquilizers
- Antidepressants (Check with your physician before stopping any antidepressants).
- Sedatives
- Nasal Sprays
- Ibuprofen (Advil, Motrin, etc.) and Nonsteroidal anti-inflammatory drugs.
- Aspirin, Excedrin, or Alka-Seltzer.
- Large doses of Vitamin C

Notify the allergy department if you are given **steroids** in any form (by mouth, by injection, into tendons, joints, intravenously or by lotion or cream within **4 weeks** prior to your test.

You may take the following medications up to the time of your allergy test

- Asthma medications (try to avoid for 6 hours before the allergy test)
- Tylenol
- Birth Control
- Blood pressure medications (except for the beta-blockers noted above)
- Hormones
- Fluid pills
- Plain decongestants (those with no antihistamines)
- Dr. Powell’s nasal irrigation solutions.