

# Preparing for your allergy skin testing

Allergy testing can take 1-2 hours - results will be provided after the testing is completed.

Dress attire: Please wear short sleeves or low backed tank top, as we will be working with the upper back between the shoulder blades and upper arms. If the patient's hair is longer than collar length, please pull up in a high bun – off the nape of the neck.

DO NOT wear any perfume, body scent or cologne the day of testing.

Eat a snack prior to your appointment time.

**MOST IMPORTANT** – review the following lists of medications for those that you are currently taking and follow the instructions below.

**\*\*Only discontinue BETA-BLOCKERS and ANTIDEPRESSANTS with consent from your prescribing physician!!\*\***

## **AVOID 7 DAYS PRIOR TO TESTING**

### **Oral antihistamines:**

Brompheniramine (Bromfed, Dimetapp)

Cetirizine (Zyrtec)

Chlorpheniramine (Chlortrimeton, Rynatan, Allerx)

Chlorpheniramine + Hydrocodone (Tussionex)

Cyproheptadine (Periactin)

Desloratadine (Clarinex)

Fexofenadine (Allegra, Mucinex allergy)

Hydroxyzine (Atarax, Vistaril)

Levocetirizine (Xyzal)

Loratadine (Claritin, Alavert)

### **Nasal spray:**

Azelastine (Astepro, Astelin, Dymista)

Olopatadine (Patanase)

### **Eyedrops:**

Alcaftadine (Lastacft)

Azelastine (Opivar)

Bepotastine (Bepreve)

Emedastine (Emadine)

Epinastine (Elestat)

Ketotifen (Alaway, Zaditor, Zyrtec eye)

Levocabastine (Livostin)

Olopatadine (Pataday, Patanol, Pazeo)

Pheniramine (Naphcon-A, Visine A)

### **Antidepressants and sleep medications:**

**Only discontinue with consent from your prescribing physician!**

Alprazolam (Xanax)

Amitriptyline (Elavil, Endep, Etrafon, Limbitrol)

Amoxapine (Asendin)

Chlorpromazine (Thorazine)

Clomipramine (Anafranil)

Clonazepam (Klonopin)

Desipramine (Norpramin)

Diazepam (Valium)

Doxepin (Sinequan, Adapin, Zonalon)

Eszopiclone (Lunesta)

Trimipramine (Surmontil)

Imipramine (Tofranil)

Lorazepam (Ativan)

Maprotiline (Ludiomil)

Midazolam (Versed)

Mirtazapine (Remeron)

Nefazodone (Serzone)

Nortriptyline (Pamelor, Aventyl)

Protriptyline (Vivactil)

Quetiapine (Seroquel)

Trazodone (Desyrel, Oleptro)

Zolpidem (Ambien)

## **AVOID 3 DAYS PRIOR TO TESTING**

### **Beta-blockers:**

**Only discontinue with consent from your prescribing physician!**

Atenolol (Tenormin)

Bisoprolol (Zebeta)

Carvedilol (Coreg)

Metoprolol (Lopressor, Toprol)

Nebivolol (Bystolic)

Propranolol (Inderal)

### **Oral antihistamines:**

Azatadine (Trinalin)

Clemastine (Tavist, Allerhist, Contac)

Meclizine (Dramamine, Bonine)

Phenindamine (Nolahist, Nalamine)

Diphenhydramine (Benadryl, Tylenol PM, Unisom, Aler Dryl, Calm Aid, Genahist...PM sleep meds)

Pheniramine (Ru-Tuss, Triaminic)

Promethazine (Phenergan, Prorex)

Tripelennamine (Polaramine)

Triprolidine (Actifed)

## **AVOID 2 DAYS PRIOR TO TESTING**

### **Stomach acid reducers – H2 histamine blockers:**

Cimetidine (Tagamet)

Famotidine (Pepcid)

Nizatidine (Axid)

Ranitidine (Zantac)

### **Topical medications:**

Benadryl cream

Doxepin (Zonalon, Prudoxin, Xepin)

Topical steroid cream

**Medications you should NOT STOP taking prior to skin testing include, but are not limited to:**

### **Asthma / Allergy medications:**

Inhalers: Advair, Breo, Dulera, Symbicort, QVAR, Flovent, Alvesco, Pulmicort, Asmanex, Albuterol or levalbuterol (ProAir, Ventolin, Proventil, Xopenex), and Spiriva.

Nasal sprays: Nasonex, Flonase (fluticasone), Omnaris, Veramyst, Nasacort (triamcinolone), Rhinocort, and Atrovent (ipratropium).

Other medications: Singulair (montelukast), Zflo (zileuton), Accolate (zafirlukast), Sudafed (pseudoephedrine or phenylephrine) and Mucinex (EXCEPT for Mucinex allergy (Allegra)-don't take Mucinex allergy for 7 days prior to skin testing.

### **Stomach medications:**

Aciphex (rabeprazole), Dexilant (dexlansoprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), and Zegerid (omeprazole + bicarbonate).

### **Antidepressant medications:**

Celexa (citalopram), Lexapro (escitalopram), Prozac (fluoxetine), Paxil (paroxetine), Zoloft (seteraline), Effexor (venlafaxine), Cymbalta (duloxetine) and Prestiq (desvenlafaxine).

**If you have questions regarding any prescribed medications, please contact your prescribing physician or our office at 417-781-4613 x4.**