Preparation for Allergy Test

Your doctor has ordered allergy testing. The allergy department will contact you to schedule your appointment for testing. At that time your insurance benefits will be reviewed. Instructions will be given as to when you will need to discontinue taking certain medications. Our office tests for 48 or 72 environmental allergens – pollens, dust mites, molds, cat, dog, and cockroach. **It is important that you inform the nurse if there are foods you avoid due reactions when eaten.**

DON'TS

- Do **not** take Claritin, Clarinex, Zyrtec, Xyzal, or Allegra for 6 days prior to the allergy test.
- Do **not** take over the counter antihistamines (Benadryl, cold & sinus medications, sleep aids like Tylenol PM) 3 days before test.
- Do **not** take medications such as Tagament, Pepcid, or Zantac 1 day prior to testing, as these contain a form of 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. Beta-blockers are medications used for treatment of high blood pressure, migraine headaches, heart problems, performance anxiety or glaucoma (eye drops) and must be discontinued with the permission of the prescribing physician.
- Do **not** wear cologne, scented body lotion or hair spray. 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, Dymista etc.) for 3 days prior to testing.
- It is not necessary to be fasting or on a special diet for the test.
- You may bring a beverage and snacks on the day of the test.

On the day of your test, the results will be reviewed, and you will receive a copy of your test. All medications can be resumed after testing (with the exception of Beta-Blockers if you plan on starting allergy immunotherapy). After testing, you will have the option of receiving allergy injections/drops for a minimum of 3-5years. You will be required to have your injections given in our office with a 30 minute wait time. Drops are administered daily at home.

***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 may result in a $50 administrative fee.**