

Allergy Instructions, In Preparation for Your Skin Test

* If you are taking Beta Blockers please let your practitioner know before you are scheduled for testing.

Medications to avoid 2 days Prior

Claritin (loratadine)	Dramamine
Allegra (fezofenadine)	Dristan
Atarex (hydroxyzine)	Drixoral
Vistaril	Duravent DA
Zyrtec (cetirizine)	Fedahist
Benadryl	Histalet
Tylenol PM (diphenhydramine)	Histapan
Aspirin	Isoclor
Advil	Kronofed
Ibuprofen	Meclizine
Motrin	Naldecon
Alleve	Nolamine
Naproxen	Novafed A
Celebrex	Novahistine
Bextra	Nyquil
Actifed	Optimine
Antivert	Ornade
Astelin Nasal Spray	Periactin
Atrohist	Phenerge
Bonine	Polarmine
Bromfed	Pyribenzamine (PBZ)
Brompheneramine	Rondec
Chlor-trimeton	Rynatan
Chlorpheneramine	Semprex D
Emadine	Sinutab
Comhist	Sudafed Plus
Comtrex	Tavist
Contac	Teldrin
Da Chewable	Triaminic
Deconamine	Trinalin
Dimetane	
Dimetappe	
Dramamine	
Dristan	
Drixoral	
Duravent DA	

Beta Blockers 1 Day

Acebutolol (Sectral)
Atenolol (Temormin)
Betaxolol (Kerlone, Betoptic)
Bisoprolol (Zebeta)
Esmolol (Brevibloc)
Nebivolol (Bystolic)
Metoprolol (Iopressor)
Carteolol (ocupress)
Penbutolol (levatol)
Pintoloe (vision)
Carvedilol (coreg)
Labetalol (trandate)
Levobunolol (betgan)
Metipranolol (optipranolol)
Nadolol (Corgard)
Propranolol (Inderal)
Sotalol (betapace, sorine)
Timolol (Betimol, timoptic)

You may take the following

- Multivitamin
- Decongestants
- Tylenol (plain)
- Singulair
- Nasal Inhalers
- Quercetin
- Asthma Inhalers, includes steroid based: Aerobid,
- Axmacort, Beclovent,
- Flovent, Pulmicort.
- Oral Steroids (e.g. prednisone, hydrocortisone)

Important Information for Testing

- Eat Protein at least once a day. This will improve results of test. Eat a meal with some protein the day of testing.
- Wear a t-shirt on the day of testing, we may be using both arms for testing.
- Avoid excessive sunlight exposure prior to testing.
- **If you have asthma, bring your inhalers and peak flow meter!**
- Testing results may be altered by Tricyclic antidepressants (Elavil, Tofranil, Sinequan, Adapin). However, it is ok to test if you are on a stable dose that will not be changed for several months.
- **We may not be able to test you if take certain heart medications or beta-blockers. Please check with your Practitioners, as you would need to be off these medications for a period of time**
- If you are currently taking allergy drops, please do not take them on the day of testing. You may resume all listed medications (e.g. Beta-Blockers may be taken immediately after testing, other listed medications maybe resumed 48 hours after testing.
- Retesting will be done every two years receiving "neutralization" treatment, and/ or per provider recommendation or desensitization treatment. However, sensitivity levels can change for many reasons, including: stress, illness, and/or change in Medications or environmental triggers including exposure to toxins. Such changes usually warrant repeat testing.