

Preparation for Allergy Test

Your doctor has ordered allergy testing. The allergy department will contact you to schedule your appointments 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 38 environmental allergens – pollens, dust mites, molds, cat, dog and cockroach. **It is important that you inform the Medical Assistant if there are foods that you avoid due to reactions when eaten.**

DON'Ts

- Do **not** take Claritin, Clarinex, Zyrtec, Xyzal, or Allegra (including generic versions) for **7 days prior** to the allergy test.
- Do **not** take over the counter antihistamines (Benadryl, cold & sinus medications, sleep aids like Tylenol PM) **3 days prior** to the test. Periactin **should not be taken up to 11 days prior** to testing.
- Do **not** take medications such as Tagamet, Pepcid, or Zantac for **2 days prior** to testing, as these are a form of antihistamine.
- Do **not** use antihistamine nasal sprays (i.e. Astelin, Astepro, Patanase, Dymista etc.) for **2 days prior** to testing.
- Do **not** take a tricyclic antidepressant medication (i.e. amitriptyline, nortriptyline, imipramine). Please inform the allergy Medical Assistant if you do. These medications **must be stopped 2 weeks prior** to the allergy test with the permission of the prescribing physician. (Not all antidepressant medications are tricyclic).
- Do **not** take benzodiazepines (i.e. valium, Xanax, Ativan, diazepam, alprazolam, lorazepam) for **7 days prior** to allergy testing.
- **DO NOT TAKE BETA BLOCKER MEDICATIONS** (i.e. atenolol, carvedilol, metoprolol, Lopressor). Please inform the allergy Medical Assistant 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.

YOU HAVE TO CONSULT YOUR PHYSICIAN WHO PRESCRIBED ANY OF THE ABOVE MEDICATIONS REGARDING DISCONTINUING ANY OF THE ABOVE OR SWITCHING TO ANOTHER MEDICATION. 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 MEDICAL ASSISTANT PRIOR TO YOUR APPOINTMENT.

DO'S

- You may continue to use steroid nasal sprays.
- 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/tabs. If the allergy testing is benefiting you, the recommendation for treatment is a minimum of 3-5 years. You will be required to have your injections given in our office with a 30-minute wait time. Drops and tablets 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.