



# ALLERGY TESTING INSTRUCTIONS

Thank you for visiting the office. We look forward to skin-testing you to better evaluate the substances which you are allergic. This test is a simple and non-painful. This test is performed on both children and adults. The goal of this test is to identify sensitivities to allergens so that way the proper course of treatment can be given to best improve your allergy immunities. In addition, you will be given a pulmonary function test to test lung function.

*Please plan to be at our office for at least 1 hour.*

## MEDICATIONS TO AVOID

Certain over the counter and prescription medications contain ingredients which affect allergy skin tests. Check labels of all medications you are using (including eye drops and nasal sprays) to determine whether your medication contains any ingredient listed below. For questions regarding ingredients contact your pharmacist. The medications listed must be held for at least the amount of time indicated prior to allergy skin test. Always consult your physicians before altering your medication regimen.

### EYEDROPS- 7 DAYS DISCONTINUE

- Pataday, Patanol, Optivar, Zaditor, Alaway, Elestat, olopatadine, azelastine, ketotifen, epinastine
- Pheniramine (e.g. Visine Allergy Eye drops) must be held for > 48 hours prior to test

### NASAL SPRAYS- 7 DAYS DISCONTINUE

- Astelin, Astepro, azelastine, Patanase, olopatidine

### ORAL MEDICATIONS-7 DAYS DISCONTINUE

- Loratidine (Alavert & Claritin)
- Fexofenadine (Allegra, Clarinex, desloratidine, brompheniramine, Brovex, Lodrane)
- Remeron mirtazapine (treatment of pain, depression, appetite stimulant)
- Tricyclics (headache, neuralgia, other chronically painful conditions; doxepin also used for itch)
- Amitriptyline (Elavil, imipramine, Tofranil)
- Multi-vitamins and Vitamin C

### 5 DAYS DISCONTINUE

- Chlor Trimeton chlorpheniramine (in allergy, cold, and sinus preparations)
- Tussionex cough syrup (contains chlorpheniramine)
- Zyrtec, Xyzal, Atarax, Vistaril, cetirizine, levocetirizine, hydroxyzine (allergy & itch)

### 2 DAYS DISCONTINUE

- Benadryl -diphenhydramine (allergy medications and nonprescription sleep aids)
- Doxylamine -pyrilamine pheniramine (in allergy, cold and sinus preparations)
- Phenergan-promethazine (in prescription cough syrups and anti-nausea)
- Periacin-cyproheptadine (appetite stimulant and other uses)



- Meclizine-dimenhydrinate Antivert Bonine Dramamine (motion sickness)
- Ranitidine- famotidine nizatidine (indigestion, heartburn medications)

### THE FOLLOWING MUST BE DISCONTINUED FOR 10 DAYS WITH PRESCRIBER PERMISSION

- Doxepin, Sinequan, Pamelor, nortriptyline
- Psychotropic Zyprexa, chlorpromazine, Thorazine, perphenazine, Clozaril clozapine may affect allergy tests. These medications should not be modified except by instruction of the prescribing physician. Please notify the clinic in advance of your appointment if you are taking these medications.

### ALLERGY TESTING CANNOT BE PERFORMED ON ANY TAKING A BETA BLOCKER-

Acebutolol (Sectral) Atenolol (Tenormin) Bisoprolol (Zebeta) Metoprolol (Lopressor, Toprol-XL) Nadolol (Corgard) Nebivolol (Bystolic) Propranolol (Inderal LA, InnoPran XL)

### THE FOLLOWING MEDICATIONS DO NOT HAVE TO BE DISCONTINUED:

- Singulair
- Prednisone, prednisolone, methylprednisolone, Medrol
- Lotemax eyedrops
- Fluticasone, Flonase, Veramyst, Nasonex, Nasocort Aq., Rhinocort, Omnaris nasal sprays
- Mucinex, guaifenesin
- All asthma inhalers
- Prescription stomach acid reducers (Protonix, Prevacid, Nexium, Aciphex, Omeprazole, Prilosec)
- Other medications without effect on allergy skin testing include antibiotics, arthritis, cholesterol, diabetes, cardiac, anticonvulsant, and thyroid medications, most insomnia, anxiety, depression medications including Ambien, Lunesta, Xanax, Ativan, Valium, Prozac, Effexor, Zoloft, bupropion, Wellbutrin, fluoxetine, sertraline, Celexa, Lexapro, and eye drops used for glaucoma
- If you have any questions about the possible effect of other medications you might be taking, do not hesitate to contact the clinic.

### LIDOCAINE-PRILOCAINE

Lidocaine cream may be prescribed for children less than 12 years of age or adults who experience discomfort or have a fear of needles for allergy testing or injections. It works by temporarily numbing the skin and surrounding area.

### DIRECTIONS:

- Apply cream shoulder blade to shoulder blade to the middle of the back.
- Wrap all areas with saran wrap 1-1 ½ hours prior to allergy test or injection appointment.
- The allergy technician will remove the saran wrap.
- If on the arm: Apply cream to right/left or both outer arm(s) from shoulder to upper elbow.

#### **NOTE:** Patient Financial Responsibility for Allergy Benefits

As a courtesy, the staff of Vitale ENT & Sinus Center will call your insurance company to get a verification of allergy benefits, but ultimately the patient is responsible for checking benefits for office visits and procedures. In addition, patient will be financially responsible for any charges and/or copays, applied deductibles or out of pocket expenses regarding allergy benefits not covered by insurance.