

## ALLERGY TESTING PROTOCOLS/ MEDICATION GUIDELINES

**ON THE DAY OF TEST:**

Wear a short-sleeved or sleeveless shirt and wear shorts if you have tattoos on your arms.

Plan to be in the office 1 1/2 hours.

We understand that situations arise in which you must cancel your appointment.

It is therefore requested that if you must cancel or reschedule your appointment you provide 2 business days' notice.

We understand that special unavoidable circumstances may cause you to cancel or reschedule within 24 hours.

The office will allow 1 reschedule/cancellation for allergy testing. No-shows will NOT be rescheduled.

Do not come hungry. Please eat prior to your appointment. This is not a fasting test.

**PLEASE NOTIFY STAFF IF YOU HAVE ANY OF THE FOLLOWING:**

Heart/Cardiac Problems

Pacemaker

Uncontrolled Asthma

Pregnant

PLEASE **DO NOT STOP** THE FOLLOWING MEDICATIONS:

Asthma Medications/Inhalers Tylenol Birth Control/Hormones	Blood Pressure Medications (except Beta Blockers) Fluid Pills	Decongestants (without antihistamines) Saline/Sinus Rinses Singulair Accolate	Cancer/Chemotherapy Medications
<b>ANTIDEPRESSANTS:</b> Citalopram(Celexa) Escitalopram (Lexapro) Fluoxetine (Prozac) Fluvoxamine Paroxetine (Paxil) Sertraline (Zoloft)	<b>PROTON PUMP INHIBITORS:</b> Dexlansoprazole (Dexilant) Esomeprazole (Nexium) Lansoprazole (Prevacid) Omeprazole(Prilosec, Zegrid) Pantoprazole (Protonix) Rabeprazole (Aciphex)		

**\*\*\*\*\*CHECK WITH THE PHYSICIAN WHO PRESCRIBED THESE MEDICATIONS PRIOR TO STOPPING THEM\*\*\*\*\***

**24 HOURS PRIOR TO YOUR ALLERGY TEST: DO NOT TAKE....**

<b>TRICYCLIC ANTIDEPRESSANTS:</b>	
Amitriptyline (Elavil, Triavil)	
Bupropion (Wellbutrin)	Mirtazapine (Remeron)
Clomipramine (Anafranil)	Nortriptyline (Aventyl, Pamelor)
Desipramine (Norpramin, Pertofrane)	Pamate (Tranlycpromine)
Duloxetine (Cymbalta)	Phenelzine (Nardil)
Eszopiclone (Lunesta)	Proprtiptyline (Vivactil)
Imipramine (Janimine, Pramine, Presamine, Tofranil)	Trazodone
	Venlafaxine (Effexor)

<b>BENZODIAZEPINES &amp; ANTIPSYCHOTICS:</b>
Clonazepan (Klonopin)
Diazepam (Valium)
Lorazepam (Ativan)
Quetiapine (Seroquel)

**BETA BLOCKERS:** Must have written consent from physician who prescribed the medication allowing patient to hold medication 24 hours prior to testing and immunotherapy

Acebutolol	Corzide	Nebivolol	Toprol XL
Atenolol	Cosopt	Nomodyne	Trandate
Betagan	Esmolol	Penbutolol	Trandate HCL
Betapace	Inderal	Pindolol	Visken
Betaxolol	Inderide	Propranolol	Zebeta
Bisoprolol	InnoPran XL	Propranolol HCL	Ziac
Blocadren	Kerlone	Propranolol HCTZ	
Brevibloc	Labetalol	Sectral	
Bystolic	Levobetaxolol	Sorine	
Carteolol	Levobunolol	Sotalol	
Cartrol	Lopressor	Tenoretic	
Carvedilol	Metapranolol	Tenormin	
Coreg	Metoprolol	Timolol	
Corgard	Nadolol	Toprol	

**3 DAYS PRIOR TO YOUR ALLERGY TESTING: DO NOT TAKE** MEDICATIONS LISTED BELOW OR ANY OVER THE COUNTER MEDICATIONS FOR COLD, SINUS OR ALLERGY

<b>ANTIHISTAMINES:</b>	
Acifed	Isoclor
Advil Allergy Sinus	Levocetirizine (Xyzal)
Advil Sinus&Congestion Relief	Meclizine (Antivert)
Azelastine (Astelin, Astepro, Dymista, Optivar)	Midol PM
Benadryl (Diphenhydramine)	Olopatadine (Pataday, Patanase, Patanol)
Bromfed	Optimine
Cetirizine (Zyrtec)	Promethazine (Phenergan)
Chlorpheniramine	Ranitidine (Zantac)
Chlor-Trimeton	Triaminic
Cimetidine (Tagamet)	Tussicaps
Contac	Tussinex
Dimetapp	Tylenol PM
Excedrin, Excedrin PM	Zaditor
Famotidine (Pepcid)	Vitamin C
Fexofenadine (Allegra)	Other: Multivitamins

<b>ANTI-INFLAMMATORY:</b>
Aleve
Aspirin
Ibuprofen(ie: Advil)
Meloxicam
Naproxen

**3 DAYS PRIOR TO YOUR ALLERGY TESTING: DO NOT TAKE...**

<b>SEDATIVES:</b>
Ambien, Ambien CR
Halcion
Lunesta
Restoril
Rozerem
Sonata

<b>MUSCLE RELAXERS:</b>
Soma
Flexeril

**7 DAYS PRIOR TO YOUR ALLERGY TESTING: DO NOT TAKE...**

Clemastine (Tavist)
Cyproheptadine (Periactin)
Desloratadine (Clarinet, Clarinet D)
Doxepin
Hydroxyzine (Atarax, Vistaril)
Loratadine (Claritin, Claritin)

**2 WEEKS PRIOR TO YOUR ALLERGY TESTING: DO NOT TAKE...**

<b>STEROIDS:</b>
Prednisone
Medrol Dose Pack