

## ◆ INSTRUCTIONS FOR SCHEDULED ALLERGY TEST

You have been scheduled for allergy testing on \_\_\_\_\_ at \_\_\_\_\_.

If you have any questions, concerns or need to reschedule your appointment, please contact \_\_\_\_\_ at \_\_\_\_\_.

1. Allow one hour for allergy testing. If you are running late, please contact our office immediately. We can usually complete your testing in one appointment. In some cases, however, you may need to return to complete the testing process.
2. We will contact your insurance company for benefit and eligibility information. We cannot guarantee benefits quoted by your insurance company, but will try our best to get the information prior to the Allergy Skin Test.
3. If you have asthma, you **MUST** bring all prescribed medications, inhalers and nebulizers to your allergy testing. If you do not bring your medications to your testing appointment, you will need to be rescheduled for another day. If you feel ill or have tightness in your chest the day of testing, please contact our office before coming to your appointment.
4. Do not wear perfume or cologne to your testing. If worn, allergy testing will not be performed. This includes patient and/or family member. You may wear deodorant and mild lotions.
5. Do not skip any meals before testing. Make sure to eat breakfast before coming for a morning appointment and lunch before an afternoon appointment.
6. Allergy testing requires that your physician have access to your upper arms and back for the test. Please plan accordingly.
7. Please review the list of below and address any questions/concerns with your nurse or provider. The following medications can interfere with your test and may suppress any potential reactions.

### THE FOLLOWING LIST OF MEDICATIONS INTERFERE WITH ALLERGY TESTING. PLEASE AVOID AS DIRECTED IN THE CHART BELOW

Adapin (Doxepin) <sup>7</sup>	Contac (Clemastine) <sup>2</sup>	Phenergan (Promethazine) <sup>2</sup>
Alavert (Loratadine) <sup>2</sup>	Dimetapp Cold (Chlorphenamine) <sup>2</sup>	Sinequan (Doxepin) <sup>7</sup>
Allegra (Fexofenadine) <sup>2</sup>	Dimetapp Cold and Allergy (Brompheniramine) <sup>2</sup>	Surmontil (Trimipramine) <sup>7</sup>
Anaframil (Clomipramine) <sup>7</sup>	Dramamine (Dimenhydrinate) <sup>2</sup>	Tagamet (Cimetidine) <sup>1</sup>
Antivert (Meclizine) <sup>2</sup>	Elavil (Amitriptyline) <sup>7</sup>	Tofranil (Imipramine) <sup>7</sup>
Asendin (Amoxampine) <sup>7</sup>	Etrafon (Amitriptyline) <sup>7</sup>	Vicks Nyquil (Doxylamine) <sup>2</sup>
Astelin (Azelastine) <sup>2</sup>	Nizatidine (Tazac) <sup>1</sup>	Vistaril (Hydroxyzine) <sup>2</sup>
Atarax (Hydroxyzine) <sup>2</sup>	Norpramin (Desipramine) <sup>7</sup>	Vivactil (Protriptyline) <sup>7</sup>
Benadryl (Diphenhydramine) <sup>2</sup>	Pamelor (Nortriptyline) <sup>7</sup>	Xyzal (Levocetirizine) <sup>2</sup>
Chlorphen (Chlorpheniramine) <sup>2</sup>	Pepcid (Famotidine) <sup>1</sup>	Zantac (Ranitidine) <sup>1</sup>
Clarinet (Desloratadine) <sup>2</sup>	Periactin (Cyproheptadine) <sup>2</sup>	Zonalon (Doxepin) <sup>7</sup>
Claritin (Loratadine) <sup>2</sup>		Zyrtec (Cetirizine) <sup>2</sup>

1 - Discontinue ONE day (24hrs) prior to testing

2 - Discontinue TWO days (48hrs) prior to testing

7 - Discontinue SEVEN days (1 week) prior to testing