

Allergy & Asthma Treatment Center, PLC
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Pediatric and Adult Allergy

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Skin Testing Instructions

You will be in the office for approximately 1 to 2 hours. You will know the results of the skin test when you leave the office. If you need to reschedule or if you have to cancel, please give us as many days notice possible, given the significant time allotted for your test.

Please inform the allergist if you are taking medications to treat high blood pressure or heart disease, especially those from the Beta-blockers class such as Inderal (propranolol), Tenormin (atenolol) ...

PLEASE NOTE THAT MEDS WITH ANTI-HISTAMINE ACTIVITY NEED TO BE STOPPED PRIOR TO TESTING:

Please inform the allergist if you are taking ANY psychotherapeutic medications to treat depression, anxiety, panic attacks or obsessive compulsive disorder (OCD) and occasionally bed wetting. Some of these medications have strong anti-histaminic activity and will affect the skin tests results.

These medications include tricyclic antidepressants such as Anafranil (clomipramine), imipramine, Elavil (amitriptyline), Sinequan (doxepin), Surmontil... Seroquel, another commonly prescribed psychotherapeutic has strong antihistaminic property.

Decision to hold this kind of medications for several days will be made on an individual basis.

Stop **7 days** prior to testing: Zyrtec (cetirizine), Xyzal, Atarax (hydroxyzine).

Stop **5-6 days** prior to testing: Claritin or Alavert (OTC loratadine), Allegra (fexofenadine), Clarinex

Stop **2-3 days** prior to testing: Zantac (ranitidine), Pepcid (famotidine), Tagamet (cimetidine), Antivert or Dramamine (meclizine)

Stop **1-2 days** prior to testing: Phenergan, **Astelin** nasal spray, most first generation antihistamines such as: Benadryl (diphenhydramine), Sudafed Allergy, Tylenol Sinus, Pediacare, Triaminic, Extendryl, Allerx, Kronofed, Tussend, Semprex, Rynatuss, Tussi-12, periactin, etc... Also, stop allergy eye drops such as Optivar, Patanol/Pataday, Elestat one day prior to your visit.

NOTE:

Medications that are OK to use include **plain** decongestants (Sudafed), asthma inhalers such as Proventil, Ventolin, ProAir (albuterol), Maxair, Flovent, Qvar, Advair, Asmanex, Alvesco, Symbicort or Pulmicort, nasal sprays (other than Astelin), antibiotics or oral steroids (Prelone, Prediapred, prednisone).

The skin testing will be deferred if you are experiencing an asthma exacerbation or a skin rash on your back. Please do not hesitate to call our office if you have any questions or concerns.