

## ALLERGY SKIN TESTING INSTRUCTIONS

Allergy skin testing provides a fast, safe and reliable means for identifying allergic sensitivities to respiratory, food, insect sting and antibiotic reactions. Allergy testing provides information necessary to avoid triggers of allergy. Your test results may also be used to formulate a specific extract preparation for allergy shots or drops.

If you are scheduled to have allergy testing it is necessary, that you **HOLD** certain medications (antihistamines) at least **FIVE DAYS** prior to your evaluation. Please see the list below for medications to avoid:

- Alavert (Loratadine)
- Allegra/Allegra D (Fexofenadine)
- Astepro (Azelastine) Nasal Spray
- Astelin (Azelastine) Nasal Spray
- Atarax (Hydroxyzine)
- Bepreve
- Bromphenerimine
- Zyrtec/ Zyrtec- D (Cetirizine)
- Chlor-Trimeton (Chlorpheniramine)
- Clarinex (Desloratadine)
- Claritin (Loratadine)
- Cough and Cold Medications
- Cyproheptadine (Periactin)
- Dymista (Azelastine) Nasal Spray
- Doxepin
- Lastacaft (Alcaftadine) eye drops
- Optivar (Azelastine) eye drops
- Pazeo/Pataday/Patanol (Olopatadine) eye drops
- Pepcid (Famotidine)
- Patanase (Olopatadine)
- Tagamet (Cimetidine)
- Xyzal (Levocetirizine)
- Zantac (Ranitidine)
- Zaditor (Ketotifen) eye drops
- Dramamine (Dimenhydrinate)

**STOP** Benadryl (Diphenhydramine) and sleep aids which may contain Benadryl **three days prior to allergy testing**

- **Gabapentin, Remeron, Amitriptyline (Elavil) or Trazodone** may affect skin testing. However, **they should not be stopped**. Alternative testing may be available.
- If you have questions, please call our staff to clarify *prior* to your appointment.  
Direct Line: 916-736-6644. Cancellations must be made 48 HOURS in advance.
- Please allow at least 90 minutes to complete your allergy testing. You will have a consultation with one of our healthcare providers *prior* to your allergy testing. These professionals will discuss the results of your testing and treatment plan during your visit.
- Wear clothing (shirts and blouses) that is comfortable and easy to remove. Occasionally, there may be a need to do further testing on your upper or lower arms.
- **Do not stop any asthma or other non-allergy medications unless specifically instructed by our staff. Do not stop any nasal steroids. Do not stop Singulair.** Inform staff of any changes of prescriptions or medications.
- We look forward to seeing you and meeting your healthcare needs very soon.