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### **Skin Testing Patient Information Handout**

- Discontinue antihistamine tables/liquids/nasal sprays/eye drops for **7 days** prior to testing (see full list on back).
- The skin testing will take about 30 minutes, **so you must arrive 30 minutes prior to your scheduled appointment in order for a nurse/medical assistant to place and read your skin test.** You will see the provider after the testing for your scheduled appointment to review the results and set up a treatment plan. Your total time in the office may be 90 minutes or so. If you do not arrive 30 minutes prior to your appointment with the provider to have the skin test placed, we may need to reschedule your appointment for another day.
- Children under 18 must be accompanied by a legal guardian during the entire length of the appointment.
- Please do not bring other children with you to the testing as space in the room is limited.

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## Antihistamines to be Stopped for Allergy Testing

### Instructions: Stop the following 5-7 days before testing

Actagen	Deconamine	Promethazine
Actifed	Dimenhydrinate	Rondec
Acrivastine	Dimetane	Rynatan
Allegra (any)	Dimetapp	Ryna-12
Allerclear	Dipenydramine	Rynatuss
Allerfrin	Doxepin	Semprex-D
Alertec/Aller-Tec	Dramamine	Tanafed
Aller-Fex	Drixoral	Tavist
Antivert	Duravent-DA	Triaminic
Atarax	Fexofenadine	Triaminicol
Benadryl	Histavent-LA	Trinalin
Bromphed	Histex	Triprolidine
Brompheniramine	Hydroxyzine	Tussi-12
Cetirizine	Meclizine	Tussionex
Chlorpheniramine	Ominihist-LA	Vistaril
Chlor-trimeton	Ornade	Wal-Fex
Clarinox (any)	Pedicare	Wal-Tin
Claritin (any)	Periactin	Wal-Zyr
Clemastine	Phenergan	Xyzal
Cyproheptadine	Poly-histine	Zyrtec

### Nasal Sprays

Astelin  
 Astepro  
 Azelastine  
 Patanase

### Eye Drops

Pataday  
 Patanol  
 Olopatadine  
 Optivar  
 Zaditor

### Other

Benzodiazepines  
 Lunesta  
 Trazodone  
 Xanax

\*Contact your prescribing physician prior to discontinuing the medications listed under 'Other'.

Also stop any medication that has the words SINUS, ALLERGY OR "HIST"

Please be advised that many over the counter medications have antihistamines in them (i.e. sinus, headache, sleep or cough medicines). These medications will need to be stopped 5 days prior to the testing as well. If you are not sure if the medication you are taking contains an antihistamine, please call our office for advice.

**DO NOT** stop any other medications especially for the heart, liver, lung or other conditions. If for some reason you cannot stop the allergy medication do not worry. We will see you for the consultation and then can reschedule for the testing another time.