

Appointment Date/Time: _____ PR PL HM FL

ALLERGY SKIN TESTING AND MEDICATIONS (please wear short sleeves)

For **NEW PATIENT VISITS**: Several medications interfere with allergy skin testing. If you would like to be skin tested, please follow the recommended time intervals listed below for allergy medications that would need to be stopped for accuracy. **Please do not stop any chronic medications.** The nurse will ask you what medications you are taking, **so please have a complete list when you come to the office.** If you have severe allergy or asthma symptoms you may not be able to be tested for safety reasons. It will be done at the discretion of your physician.

DO NOT STOP ANY OF THE FOLLOWING CHRONIC MEDICATIONS TO TREAT OTHER CONDITIONS

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|------------------------------------|--------------------------------|-------------------------------|------------------------------------|
| Blood pressure medications | Antibiotics | Antidepressants | Inhalers for asthma or COPD |
| Oral steroids | Thyroid medications | All asthma medications | |
| Cardiac (heart) medications | Psychiatric medications | | |

The following medications need to be STOPPED 5 DAYS Before Skin Testing (with a few exceptions as noted.)

This list may not be complete, since new medications come on the market frequently, so please call us with any questions:

1. Older Allergy Medications 5 DAYS

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| Benadryl (diphenhydramine) | Ru-Tuss, Triaminic (pheniramine) | Chlor-Trimeton (chlorpheniramine) |
| Polaramine (tripelenamine) | Actifed (triprolidine) | Dimetapp, Dimetane (brompheniramine) |
| Nolahist, Nolamine = phenindamine | Trinalin (azatadine) | Bromfed (brompheniramine) |
| Periactin (cyproheptadine) 9 DAYS | | |

2. Non-Sedating Allergy Medications (7 DAYS)

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| Claritin, Alavert (loratadine) | Allegra (fexofenadine) | Clarinx (desloratadine) |
| Zyrtec (cetirizine) | Xyzal (levocetirizine) | |

3. Over-the-Counter Cold, Sinus, and cough Medications 5 DAYS

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|--------------------------|--------------------|------------------|--|----------|
| Phenergan (promethazine) | Alleve Cold | Advil Cold/Sinus | Alka-Seltzer Plus/Cold | Comtrex |
| Contact | Coricidin | Drixoral | Pediacare | Rondec |
| Rynatan | Semprex D | Sinutab | Sudafed | Theraflu |
| Triaminic Allergy | Tylenol Cold/Sinus | | Anything else with "PM" or "Allergy" in the name | |

4. Medications for Itching and Hives 5 DAYS

- Atarax, Vistaril (hydroxyzine)

5. Medications for Nausea and Motion Sickness 5 DAYS

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| Antivert, Bonine (meclizine) | Dramamine (dimenhydrinate) |
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6. Over-the-Counter Sleeping Medications 5 DAYS

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| Advil PM | Excedrin PM | Sominex |
| Nyquil | Tylenol PM | Anything else with "PM" |

7. Allergy Nasal Sprays 14 DAYS

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| Patanase (olopatidine) | Astelin, Astepro (azelastine) | Dymista (azelastine, fluticasone) |
| Ryaltris (olopatidine, mometasone furoate) | | All others are not a problem |

8. Reflux/Stomach medications 5 DAYS

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| Axid (nizatidine) | Pepcid (famotidine) | Tagamet (cimetidine) | Zantac (ranitidine) |
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9. Allergy Eye Drops 7 DAYS

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| Bepreve (bepotastine besilate) | Elestat (epinastine HCl) | Lastacaft (alcaftadine) | Livostin (levocabastine HCl) |
| Optivar (azelastine HCl) | Pataday (olopatidine HCl) | Zaditor (ketotifen fumarate) | Zerviate (cetirizine) |

The following drugs should NOT be discontinued, but please tell the nurse if you are taking any of them:

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| Norpramin (desipramine) | Sinequan, Deptran (doxepin) | Tofranil (imipramine) | Remeron (mirtazapine) |
| Zyprexa (olanzapine) | Xanax (alprazolam) | Celexa (citalopram) | Ativan (lorazepam) |
| Benzodiazepines | | | |

Intranasal steroid sprays will not interfere with testing:

- Flonase (fluticasone), Nasonex, Zetonna, Nasacort (triamcinolone), Rhinocort, QNASL