

# DallasAllergyImmunology

## ALLERGY SKIN TESTING INSTRUCTIONS

Allergy skin testing provides a fast, safe and reliable means for identifying allergic sensitivities to inhalant allergens (e.g., pollens, molds, dust mites and animal danders) and is also used sometimes to diagnose allergic sensitivities to insect stings, antibiotics and foods. The information obtained from allergy testing provides guidance for avoidance of allergens, the most important and first step in the treatment of any allergic disorder. Test results may also be used to formulate allergy shot extracts. In order to make your allergy testing appointment as productive as possible, we ask that you review the following instructions prior to your appointment:

1. Although the testing itself may be completed in one hour or less, additional time may be needed to discuss results, allergy avoidance measures and treatment options.
2. Wear a shirt or blouse, which can be removed easily. Prick skin testing is performed using the Multitest™ device applied to the back.
3. The medications listed below will interfere with allergy skin testing and should be discontinued in the time specified. If you have a medical condition or severe allergic symptoms which might worsen without medications, please consult us prior to stopping these medications. If you have forgotten to stop these medications by the specified time, please consult one of our nurses to determine whether or not you need to reschedule your allergy testing appointment.

***ALL OTHER MEDICATIONS NOT LISTED BELOW WILL NOT INTERFERE WITH SKIN TESTING AND SHOULD BE CONTINUED AS PRESCRIBED !!!***

### **DISCONTINUE 10 DAYS PRIOR TO SKIN TESTING:**

Cetirizine (Zyrtec)	Cyproheptadine (Periactin)	Imipramine (Tofranil) **
Levocetirizine (Xyzal)	Doxepin (Sinequan, Adapin)	Chlorpromazine (Thorazine) **
Desloratadine (Clarinx)	Amitriptyline (Elavil) **	Thioridazine (Mellaril) **
Loratadine (Caritin, Alavert)	Nortriptyline (Pamelor, Aventyl) **	Thiothixene (Navane) **
Fexofenadine (Allegra)	Clomipramine (Anafranil) **	Trifluoperazine (Stelazine) **
Hydroxyzine (Ararax, Vistaril)	Desipramine (Norpramin) **	

**\*\* IF YOU ARE TAKING A STARRED MEDICATION, YOU MUST FIRST CONSULT WITH THE PRESCRIBING PHYSICIAN TO DETERMINE IF IT IS SAFE TO DISCONTINUE.**

**DISCONTINUE 5 DAYS PRIOR TO SKIN TESTING:**

<b>Chlorpheniramine</b> (many prescription & OTC brands, including Ah Chew, Chlor-Trimeton, DAllergy, Deconamine, Durahist, Extendryl, Histavent, Omnihist, Rescon, Rynatan, Triaminic Cold & Allergy, Triaminic Multi-Symptom)
<b>Diphenhydramine</b> (many OTC brands, including Benadryl, Tylenol PM, Tylenol Cold & Sinus, Triaminic Night Time Cold & Cough, Advil Cold & Sinus, Sominex, Nytol)
<b>Brompheniramine</b> (Dimetapp, Bromfed)
<b>Tripelennamine</b> (Actifed, PBZ)
<b>Certain Medications for Motion Sickness / Nausea:</b> Dramamine, Compazine, Meclizine (Antivert), Phenergan (promethazine)
<b>Anihistamine Nasal Sprays:</b> Astelin, Astepro, Patanase. <b>NOTE: all other nasal sprays are OK!</b>
<b>Antihistamine Eye Drops:</b> Alomide, Livostin, Optivar, Pataday, Patanol

**DO NOT DISCONTINUE THE FOLLOWING MEDICATIONS:**

<b>Medications for Asthma:</b> including Advair, Flovent, Pulmicort, Qvar, Asmanex, Singulair and Zyflo
<b>Topical cortisone nasal sprays:</b> including Flonase, Nasonex, Nasacort, Rhinocort, Veramyst
<b>Medications for acid reflux, high blood pressure and other chronic medical conditions.</b>

**PLEASE CALL OUR OFFICE AND ASK TO SPEAK WITH A NURSE IF YOU HAVE ANY ADDITIONAL QUESTIONS REGARDING THESE INSTRUCTIONS.**