

Please carefully review and follow each step prior to your allergy test. If any of the following steps are missed, or if you have any questions, please be sure to contact our staff immediately.

Medications to Discontinue

If you take any of the medications that follow, **discontinue them five (5) days before your allergy test**. If you have concerns, please consult your physician.

Heart Burn Medication (Histamine-2 Blockers)

- Axid (*nizatidine*)
- Pepcid (*famotidine*)
- Robinul (*glycopyrrolate*)
- Tagament (*cimetidine*)
- Vistaril (*hydroxyzine*)
- Zantac (*ranitidine*)

Antihistamines

- Allegra
- Alavert (*meclizine*)
- Antivert
- Benadryl
- Claritin
- Clarinex
- Chlor-Trimenton (*chlorpheniramine*)
- Nytol (*diphenhydramine*)
- Phenergan (*promethazine*)
- Somnex (*diphenhydramine*)
- Tavist- D
- Xyzol
- Zyrtec
- Tylenol PM
- Excedrin PM

Nasal Sprays

- Astelin
- Astepro
- Dymista
- Pantanse

Allergy Eye Drops

- Paranol
- Pataday
- Optivar

One Hour Before Your Appointment (ONLY Children 12 and younger)- Apply Lidocaine Cream

Lidocaine is a topical cream which contains an anesthetic that numbs the skin prior to performing allergy testing. For the best results follow the application directions below.

1. Prepare the back (for small children) or outer arm (for older children) by washing with mild soap and water.
2. Apply a generous amount of Lidocaine cream and gently massage it into the skin over the prepared area.
3. Place plastic (Saran) wrap over the applied cream. Wrap around the arm or body and secure it by placing tape at the top of the wrap attaching it to the skin. sleeveless or short sleeve shirt or blouse that will slide up over your shoulder (or your child's shoulder if that is who is being tested).

Before Your Assessment

1. If we are unaware, please notify us at least (5) days in advance if you take any of the **beta-blockers (blood pressure and /or glaucoma medications)** listed on the Beta-blocker insert. You may receive special instructions regarding these medications.
2. **DO NOT** take any cold or cough medicines, nose drops, or cough drops that contain antihistamines for at least (5) days before your allergy test.
3. **DO NOT** use hairspray, perfume, aftershave, or other scented products the day of the allergy test.
4. **DO NOT** bring small children with you to your test unless the appointment is for them. Only the patient is allowed in the testing area. An adult will need to accompany any child who is being tested.
5. **DO** wear a sleeveless or short sleeve shirt or blouse that will slide up over your shoulder (or your child's shoulder if that is who is being tested).
6. **DO** eat a good meal before the appointment.