

Instructions PRIOR to Allergy Testing

- 1) **DO NOT TAKE** any antihistamines for **6 DAYS PRIOR** to testing, including...
 - Brand name antihistamines (Benadryl, Claratin, Clarinex, Zyrtec, Xyzal, Allegra)
 - Antihistamine nasal sprays (Astelin, Astepro, Patanase, Afrin)
 - Antihistamine/decongestant eye drops (Bausch & Lomb, Naphcon, Vasocon, Pataday)
 - Cough medications (Triaminic, Tussionex)
 - Cold and/or sinus medications
 - Over-the-counter sleep aids

- 2) **DO NOT TAKE** the following medications **AT LEAST 1 DAY PRIOR** to testing...
 - Indigestion medications (Tagament, Pepcid, Zantac)
 - **HOWEVER**: Tums and Maalox are OK to take

- 3) Inform the physician **AT LEAST 1 WEEK PRIOR** to testing if you are taking any type of beta-blocker to treat high blood pressure, migraines, heart problems, performance anxiety, or glaucoma (eye drops)

- 4) **DO NOT** wear any cologne, scented body lotion, or scented hair products on the day of testing
 - **HOWEVER**: Deodorant is OK to wear

- 5) You **CAN TAKE** the following medications...
 - Nasal steroid sprays (Flonase, Fluticasone, Nasonex, Veramyst, Omnaris, Nasocort, Rhinocort)
 - Pain-relieving medication (Aspirin, Excedrin, Tylenol, Advil, Aleve)
 - Oral decongestants (Sudafed)
 - **HOWEVER**: No antihistamines (Benadryl, etc. – see #1 above)

- 6) You **DO NOT** need to fast on the day of testing, and you **CAN BRING** a beverage/snack

- 7) All medications **CAN** be resumed after testing...
 - **HOWEVER**: If you plan on starting allergy immunotherapy, **DO NOT** resume taking beta-blockers

If you have any questions or concerns regarding allergy testing, please contact us at (281) 332-4575.

If you need to cancel/reschedule your appointment, please let us know at least 24 hours in advance.