

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, Azelastine, Oxymetazoline)
 - Antihistamine/decongestant eye drops (Bausch & Lomb, Naphcon, Vasocon, Pataday, Pazeo)
 - Cough medications (Triaminic, Tussionex)
 - Cold and/or sinus medications (Advil Cold & Sinus, Tylenol Cold & Sinus)
 - Over-the-counter sleep aids (Advil PM, Tylenol PM, ZzzQuil, Unisom)

- 2) **DO NOT TAKE the following medications AT LEAST 1 DAY PRIOR to testing...**
 - Indigestion medications (Tagament, Pepcid, Zantac)
 - **HOWEVER**: Tums, Maalox, prescription medications 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 cologne, scented body lotion, or scented hair products on 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, mometasone)
 - 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 betablockers

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.