

## **PREPARATION FOR ALLERGY TEST**

Your doctor has ordered allergy testing. The allergy department will contact you to schedule your appointment for testing, review your insurance benefits, and advise you when you will need to discontinue taking certain medications. TBENT tests for 38 different allergens (pollens, dust mites, molds, cat, dog, and cockroach). **WE DO NOT TEST FOR FOOD ALLERGIES.**

### **DON'TS**

- Do not take Claritin, Clarinex, Zyrtec, or Allegra for 6 days prior to the allergy test.
- Do not take over the counter antihistamines (cold & sinus medications, sleep aids like Tylenol PM) 3 days before the test.
- Do not take medications such as Tagament, Pepcid, or Zantac 1 day prior to testing, as these contain antihistamine.
- Do not take a tricyclic antidepressant medication. Please inform the allergy nurse if you do. These medications must be stopped 3 weeks prior to the allergy test with the permission of the prescribing physician. (Not all antidepressant medications are tricyclic).
- Do not take a beta-blocker medication. Please inform the allergy nurse if you do. Beta-blockers are medications for high blood pressure, migraine headaches, heart problems or glaucoma.
- Do not wear cologne or scented body lotion. Other allergy patients could be sensitive to fragrances. Deodorant is fine.
- Do not take a flu shot or any other immunization three days before allergy testing.

**TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST RESULTS, OR MAKE TESTING DANGEROUS! IF YOU ARE UNSURE ABOUT A MEDICATION, PLEASE ASK THE NURSE PRIOR TO YOUR APPOINTMENT.**

### **DO'S**

- You may continue to use steroid nasal sprays, unless you use Astelin. You cannot use it for 3 weeks prior to testing.
- Wear a loose, short sleeve shirt.
- You may bring a beverage and snacks on the day of the test.

On the day of your test, the results will be reviewed, and you will receive a copy of your test. All medications can be resumed after testing. If you will be starting allergy injections, desensitization will take a minimum of 3 years. During the build up process you will be required to have your injections given in our office with a 20 minute wait. Once your build up process is complete you may not have to wait the 20 minutes.

In an effort to make this test accessible for all of our patients, we appreciate a week notice for cancellation. The failure to cancel your appointment may result in a \$50 administrative fee.