



Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Date: \_\_\_\_\_

### **Instructions for Allergy Testing**

Your Physician has ordered Allergy Skin Testing. Please plan to be in the office with us for approximately 1 hour and 30 minutes. Please arrive 15 minutes before your appointment to complete paperwork. You will be expected to pay a copayments and deductibles at check in.

If you have difficulty stopping antihistamines before allergy testing, please notify the allergy staff. You cannot be allergy tested if you are wheezing or feeling poorly.

If you are fearful of needles, please notify the allergy staff to call out numbing cream, called Emla. It should be applied to the skin (upper back or the upper outer arms and inner forearms) in a thick layer and then covered with saran wrap for 1 hour before testing. Come to the office with the arms/back wrapped in saran wrap.

### **The Do Not's 6 Days Prior to Testing**

- **Do Not** take any prescription or over-the-counter (OTC) antihistamines (Zyrtec, Claritin, Allegra, Astelin, Patanase, Benadryl, Meclizine, Hydroxyzine). Antihistamines are also in eye drops (zaditor, optivar, pataday) and OTC sinus, cold, and sleep medications. (Tylenol Cold, Dayquil, Advil Sinus, Tylenol PM).
- **Do Not** take Zantac or Tagamet, which are acid reflux medications.
- **Do Not** take Tricyclic Antidepressants (Noveril, Timaxel, Evadyne) at least 3 days prior to testing. Contact your Physician that prescribes the medication on instructions on how to safely stop this medication.
- **Try not to take** benzodiazepines (Valium, Xanax) if possible.

### **The Do's**

- **Call your insurance to check benefits for allergy testing (95004, 95024) and allergy injection therapy (95117, 95165).** We will also call your insurance and check your benefits and inform you of your out of pocket costs before testing.
- **Do** continue to use your Nasal Steroid Sprays (Nasonex, Flonase, Omnaris, Zetonna, Qnasl), Singulair/Montelukast, Sudafed, Afrin, and Oral Steroids.
- **Do** continue to take all your regularly prescribed medications as directed including your Asthma medications.
- **Do** wear loose comfortable clothing, short sleeve shirt (ladies please wear cami/tank-top if possible).

***\*\*Failure to provide 48 hour cancellation notice will result in a \$100.00 administrative fee\*\****

Patient/Guardian Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_

**\*\*\*By signing this form I understand & agree that I have reviewed and went over this form with staff\*\*\***

MA/Staff member signature: \_\_\_\_\_

### Commonly Found Antihistamines

Alavert	Chlor-Trimenton	Dramamine (dimehydrinate)	Sudafed Plus
Allegra, Allegra-D	Clarinet	Drixoral	Tavist, Tavist-D
AllerX	Claritin, Claritin-D, Claritin Reditab	Extendryl	Triaminic
Antivert (meclazine)	Clemastine	Formula 44	Vicks
Astelin	Comtrex	Hydroxyzine, Atarax	Vistaril (hydroxyzine)
Axid (nizatidine)	Contac	Multisymptom Nyquil	Xyzal
Benedryl (diphenhydramine)	Coricidin	Phenergan (proethazine)	Zyrtec
Bonine (meclazine)	Deconamine	Periactin	4-way
Bromfed (Brompheniramine)	Dimetane	Rhinosyn	
Chlorpheniramine	Dimetapp	Rynatan	

### Commonly Found Antidepressants/Anti-anxiety/Other Psychiatric Medications

Amitriptyline	Clomipramine	Nitroxazepine	Quinupramine
Imipramin	Lofepamine	Butriptyline	Melitracen

### Commonly Prescribed Beta Blockers

Acebutolol (Sectrol)	Corzide	Metoprolol, (Lopressor, Lopressor HCT/Toprol XL)	Sotalol, (Betapace AF)
Atenolol (Tenormin, Tenoretic)	Disoprolol (Zabeta)	Nadolol, (Corgard)	Timolide 10/25
Betaxolol (Kerlone)	Esmolol (Brevibloc)	Penbutolol, (Levatol)	Timolol, Blocadren
Carteolol (Cartol)	Inderide, Inderide LA	Pindolol, (Visken)	Ziac
Carvedilol (Coreg)	Labetalol, (Normodyne, Trandate)	Poropranolol, (Inderal, or Ineral LA)	

### Commonly Found H2 Blockers

Famotidine/Pepcid/Nizatidine/Axid	Ranitidine/Zantac	Tagamet/Cimetidine	
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**\*\*\*This is not a complete list of these medications, If you have any questions or concerns regarding the medications you are taking to contact the Allergy Department\*\*\***