

ALLERGY & ASTHMA CENTER OF THE ROCKIES

PRE SKIN TEST INSTRUCTIONS

Please read these directions carefully before coming in for your skin test appointment. Prepare to be in the office for several hours that day. Over the counter and prescription drugs may affect skin testing including antihistamines containing cold and allergy medications and sleep aids, histamine blockers and some antidepressants. Allergy testing is performed by scratching liquid antigens onto the patient's back, then allowing 15 minutes for a reaction to occur. This reaction is a mosquito-like bump that varies in size and redness. The size of the reaction determines if further testing is required. A small amount of allergen is injected into the arms of those that did not show reactions on the back. The size of the reactions helps the physician to determine the patient's allergies and level of sensitivity, which will be discussed after all the testing is completed.

DISCONTINUE -

SHORT ACTING ANTIHISTAMINES -5 DAYS PRIOR TO TESTING:

Azatadine (Optimine, Trinalin)

Brompheniramine (Bromfed, Bromphen, Cophene-B, Dallery-JR, Dimetapp Allergy Liqui-Gels, Lordane products, Nasahist B, Poly-Histine products, Rondec products, Ultrabrom products)

Chlorpheniramine (Aller-Chlor, Atrohist products, Chlor-Trimeton, Duravent DA, Extendryl, Kronofed, Nolamine, Ornade Spansule, Padiacare Allergy Formula, Respar-A.R.M., Sudafed Cold and Allergy, Sinutab Sinus Allergy, Teldrin, Tylenol Cold and Allergy products)

Clemastine (Contac 12 Hour Allergy, Tavist products)

Cyproheptadine (Periactin)

Dexchlorpheniramine (Dexchlor, Polaramine)

Dimenhydrinate (Calm X, Dinat, Dramamine, Dramanate, Hydrate, Triptone Caplets)

Diphenhydramine (**Benadryl**, AllerMax Caplets, Compoz, Diphen Cough, Diphenhist, Dormarex 2, Genahist, Hyrexin, Nervine Nighttime Sleep-Aid, Nytol, Siladryl, Sleep-Eze D, Sominex, Twilite Caplets, Tylenol Cold and Allergy products, Unisom SleepGels Maximum Strength)

Doxylamine (Tylenol Flu Nighttime, Unisom Nighttime Sleep Aid)

Phenindamine (Nolahist, Nolamine, Poly-Histine products, Triaminic products)

Tripelennamine (PBZ, PBZ-SR, Pelamine)

Hydroxyzine (Atarax, Vistaril)

ANY NIGHT TIME MEDICATIONS: Tylenol pm, Excedrin pm

LONG ACTING ANTIHISTAMINES FOR 7 DAYS PRIOR TO TESTING:

Allegra, Fexofenadine products (5 days)

Astelin nasal spray (7 days)

Astepro nasal spray (7 days)

Claritin/Clarinx, Loratadine products (5 days)

Zyrtec, Cetirizine products (7 days)

Xyzal, Levocetirizine products (7 days)

Alavert products (7 days)

Patanase nasal spray (7days)

Singulair products (7days)

Zyflo products (7days)

ALL ALLERGY EYE DROPS

HOMEOPATHIC ALLERGY FORMULAS

DISCONTINUE –ACID REFLUX MEDICATIONS

Acid reflux/stomach drugs (histamine blockers) 48 HOURS PRIOR TO TESTING:

Nizatidine (Axid), **Famotidine** (Pepcid), **Ranitidine** (Zantac), **Cimetidine** (Tagamet)

DISCONTINUE ONLY IF OKAYED BY PRESCRIBING DOCTOR Other drugs including certain antidepressants and anti-anxiety agents for 7 DAYS PRIOR TO TESTING:

Amitriptylene

Amoxapine

Maprotiline

Desipramine

Doxepin (Sinequan)

Hydroxyzine (Atarax, Vistaril)

Imipramine (Tofranil)

Xanax

Nortriptyline

Protriptylene (Vivactil)

Trazadone

Trimipramine (Surmontil) **Clomipramine**

Seroquel

DO NOT DISCONTINUE COMMON SSRI ANTIDEPRESSANTS - CELEXA, PROZAC, PAXIL AND ZOLOFT

STERIODS- NEVER STOP STEROIDS WITHOUT ASKING YOUR PRESCRIBING DOCTOR. WHEN TAKING ORALLY, AS AN INJECTION OR IV, IT MAY REDUCE YOUR ALLERGY SKIN TEST RESPONSE, SO PLEASE CALL TO CONFIRM WHETHER YOUR DOSE IS ACCEPTABLE. INHALED STEROIDS ALWAYS CONTINUE.