



ALLERGY TEST INSTRUCTIONS

Allergy testing helps doctors figure out exactly what you're allergic to by seeing how your body reacts to tiny amounts of different allergens. Your appointment will include a skin prick test to see if you react with a bump or redness. **ALLERGY TESTING CANNOT BE DONE IF YOU ARE PREGNANT OR THERE IS ANY POSSIBILITY OF PREGNANCY.**

TO PREPARE:

- **CONFIRM YOUR APPOINTMENT A WEEK IN ADVANCE.**
- Wear comfortable loose clothing that can expose your forearm.
- Bring all your medications and supplements to the appointment.
- **AVOID** these medications before any allergy testing:

- **DISCONTINUE DAY OF:**

- Singulair (Montelukast)

- **DISCONTINUE 48 HOURS BEFORE:**

Antihistamines	Heartburn Medications
Benadryl (Diphenhydramine)	Axid
Dimetapp allergy	Cimetidine
Gravol	Pepcid
Optimine	Zantac
Periactin	
Dramamine	
Phenergan Tavist	
Tylenol cold/allergy	

- **DISCONTINUE 72 HOURS BEFORE:**

Antihistamines	Other Medications
Aerius(desloratadine)	Axid
Allegra Fexofenadine)	Cimetidine
Claritin (Loratadine)	Pepcid
Atarax (Hydroxyzine)	Zantac
Reactine (Cetirizine)	
Blexten (Bilastine)	
Rupall (Rupatadine)	
Zyrtec	

- **DISCONTINUE 7 DAYS BEFORE:**

Elavil (Amitriptyline)	Norpramin	Luvox
Anafranil	(Desipramine)	Paxil Zolof
(Clomipramine)	Aventyl (Nortiplyline)	Wellbutrin
Sinequan (Doxepin)	Vivaactil	Zyban
Tofranil (Imipramine)	Celexa	Serzone
Surmontil	Effexor	Desryl (Trazodone)
(Trimipramine)	Prozac	

APPOINTMENTS MUST BE CANCELLED MORE THAN 24 HOURS IN ADVANCE TO AVOID \$100 CHARGE FOR MISSED TESTS