INSTRUCTIONS FOR NEW ALLERGY PATIENTS

Most new patients will be allergy skin tested on their first appointment. Skin testing is done to help identify if you are allergic and what you are allergic to.

HOW DO YOU GET READY FOR THE TEST?

Please read these instructions carefully. All antihistamines will affect the results of the tests and need to be stopped before the testing can be done.

- Stop these oral antihistamines **5-7 days** before your appointment:
  - Alavert, Claritin (Loratadine)
  - Clarinex (Desloratadine)
  - Zyrtec (Cetirizine)
  - Telfast, Allegra (Fexofenadine)
  - Vistaril (Hydroxyzine)
  - Xyzal
  - Atarax (Hydroxyzine)

- Stop these antihistamines **3-4 days** before your appointment:
  - Actifed, Dimetapp (Brompheniramine)
  - Benadryl (Diphenhydramine)
  - Dramamine (Dimenhydrinate)
  - Periactin (Cyproheptadine)
  - Tavist, Antihist (Clemastine)
  - Astelin (dispensed as a nose spray)
  - Chlortrimeton (Chlorpheniramine)
  - Patanase (dispensed as a nose spray)
  - Phenergan, Phenadoz (Promethazine)
  - Allerest, Aller-Chor, Bromfed, Contact, Dayhist, Doxepin, Dristan, Drixoral, Fedahist, Trinalin, ect. and all combination antihistamine/decongestant medicines.

- If you are taking an antihistamine that is not listed, stop the medicine **3-4 days** before your appointment. If you are not sure if the medicine is an antihistamine, ask your doctor or pharmacist.

- Stop these medications **the day before** your appointment:
  - Singulair (Montelukast)
  - Accolate (Zafirlukast)

- Stop these medications **the morning of** your appointment:
  - Aciphex, Axsid, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac, Zyflo

- **NOTE:** Sometimes antidepressants can act as an antihistamine. Please **DO NOT STOP** antidepressants. Let the provider know you are taking them before your skin testing.

- Continue to take all your other medications as you usually do.