



Allergy Testing

Patient Information

Preparation for Allergy Test

DON'TS

Do not take Claritin, Clarinex, Zyrtec, Allergra or any other allergy medications for 5-7 days prior to the allergy test.

Do not take over the counter antihistamines (cold & sinus medications, sleep aids like Tylenol, PM, Benadryl, Dimetapp, Alevert, Travist, Chlor-Trimeton) 3-4 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 wear cologne or scented body lotion. Other allergy patients could be sensitive. Deodorant is fine.

Do not use topical corticosteroids 21 days prior to skin testing.

Do not take a flu shot or any other immunizations 3 days before allergy testing.

TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST! IF YOU ARE UNSURE ABOUT A MEDICATION, PLEASE ASK THE TECHNICIAN PRIOR TO YOUR APPOINTMENT.

DO'S

Do dress accordingly. If the test is being performed on the skin of your back, you must be prepared to lay still, face down, with your back exposed for 15 minutes. If the test is being performed on the arms, you will need to have your forearms and biceps exposed (both arms) for 15 minutes.

Please resume all necessary medications following the test.

Medications to Avoid Before Allergy Skin Testing

Suppressant Effects of Drugs on Immediate Skin Tests

Medications	Mean Days Suppressed	Max Days Suppressed
First Generation Antihistamines	2	5
Second Generation Antihistamines	2	7
Antihistamine Nasal Sprays	0	1
Antihistamine Eye Drops	0	1
Tricyclic Antidepressants and Tranquilizers		14
Histamine2 Antihistamines (H2 Blocker)	0	2
Topical Corticosteroids		Up to 21

Medications that DO NOT Need to be Stopped Prior to Allergy Skin Prick Testing

<p>Angiotensin-Converting Enzyme (ACE) Inhibitors</p> <ul style="list-style-type: none"> • Benazepril • Captopril • Enalapril • Lisinopril • Perindopril • Quinapril • Ramipril 	<p>Nasal Steroid Sprays</p> <ul style="list-style-type: none"> • Beclomethasone Dipropionate Nasal • Budesonide Nasal • Ciclesonide Nasal • Fluticasone Propionate • Fluticasone Furoate Nasal • Fluticasone Furoate Nasal • Oymetazoline • Triamcinolone Acetonide
<p>Immunosuppressant</p> <ul style="list-style-type: none"> • Cyclosporin 	<p>Norephine phrine Reuptake Inhibitors (SNRIs)</p> <ul style="list-style-type: none"> • Duloxetine • Venlafaxine
<p>Protein Pump Inhibitors (PPIs)</p> <ul style="list-style-type: none"> • Esomeprazole • Lansoprazole • Omeprazole • Pantoprazole • Rabeprazole 	<p>Serotonin Reuptake Inhibitors (SNRIs)</p> <ul style="list-style-type: none"> • Citalopram • Escitalopram • Fluoxetine • Paroxetine • Sertraline