



PREPARATION FOR ALLERGY TESTING

In order to obtain valid and useful skin testing results, you need to discontinue the use of certain medications for a specific time before the skin test and your appointment:

1. All over-the-counter medications that contain antihistamines such as Benadryl; sleep aids such as Tylenol PM; and all other prescription antihistamine must be withheld for at least 48 hours (2 days) before your test.
2. Because most cough preparations contain antihistamines, these must be withheld for 48 hours.
3. Beta blockers must be withheld for 24 hours before your test.

Prescription nose sprays like Nasonex do not interfere with testing, nor do Singulair tablets and should be continued. Other drugs used for asthma, such as oral prednisone & metered dose bronchodilators will not interfere with skin testing and should be continued.

PLEASE ALERT OUR OFFICE IF ANY OF THE FOLLOWING CONDITIONS ARE TRUE

Recent asthma flare up (chest tightness, increased cough, or wheezing

Reduced lung function

Fever or flu symptoms 2-3 days prior to test date

Current use of antidepressant medication

Pregnancy

History of hives

Clinical history of anaphylaxis reaction