



CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER
A MEDICAL CORPORATION

Instruction for Patients Prior to Allergy Skin Testing

Allergy Skin testing provides a fast, safe and reliable means for identifying allergic sensitivities to inhalant allergens (e.g., pollens, molds, dust mites and animal dander) and is also used sometimes to diagnose allergic sensitivities to insect stings, antibiotics and foods. The information obtained from allergy testing provides guidance for avoidance of allergens; the most important and first step in the treatment of any allergic disorder. Test results may also be used to formulate allergy shot extracts. In order to make your allergy testing appointment as productive as possible, we ask that you review the following instructions prior to your appointment:

1. Please allow a total of 2-3 hours for complete allergy testing. Although the testing itself may be completed in one hour or less, additional time may be needed to discuss results, allergy avoidance measures and treatment options.
2. Wear a shirt or blouse, which can be removed easily. If prick tests are negative, your doctor may request intradermal in the arm for further evaluation.
3. The medications listed below will interfere with allergy skin testing and should be discontinued for the time specified. If you have a medical condition or severe allergic symptoms, which might worsen without medications, please consult us prior to stopping these medications. If you have forgotten to stop these medications by the specified time, please consult one of our nurses to determine whether or not you need to reschedule your allergy testing appointment. All other medications, which are not listed below, will not interfere with skin testing and should be continued as prescribed.

**Antihistamines / Decongestants
(DO NOT TAKE 5-7 DAYS PRIOR TO A TEST VISIT)**

Clarinet	LevoCetirizine (Xyzal)	Diphenhydramine
Xyzal	Atarax	Cetirizine (Zyrtec and Zyrtec D)
Benadryl	Ryna 12	Doxepin
Claritin (Loratadine)	Astelin Nasal Spray	Cimetidine
Pataday	Azelastine (Astelin)	Tagamet
Brompheniramine	Hydroxyzine	Fexofenadine (Allegra/ Allegra D)
Chlortrimeton	Alavert	OTC Cough/Cold/Allergy Meds

**DO NOT STOP YOUR ASTHMA OR OTHER RESPIRATORY MEDICATIONS
UNLESS INSTRUCTED BY YOUR PRIMARY DOCTOR OR OUR MEDICAL STAFF**
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