

**ENT Associates at GBMC**

Allergy Testing Instructions

* Patients should avoid taking oral, intranasal and ocular antihistamines and antihistamine containing medications **for 7 days prior** to scheduled appointment date.

**Antihistamines:**

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| * Allegra (Fexofenadine) | * Optivar (Azelastine) |
| * Alaway/Zaditor (Ketotifen) | * Patanase (Olopatadine) |
| * Astelin/Astepro (Azelastine) | * Patanol/Pataday/Pazeo (Olpatadine) |
| * Claritin (Loratadine) | * Xyzal (Levocetirizine) |
| * Clarinex (Desloratadine) | * Zyrtec (Cetirizine) |
| * Dymista (Fluticasone/Azelastine) |  |

**Antihistamine containing medications:**

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| * Advil PM | * Opcon-A |
| * Naphcon-A | * Tylenol PM |
| * NyQuil | * Visine-A |

* If symptoms are severe, Benadryl (Diphenhydramine) can be taken up to **72 hours prior** to the scheduled appointment date.

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* **No need to stop** intranasal steroid medications such as:

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| * Flonase (Fluticasone) | * Nasonex (Mometasone) |
| * Nasacort (Triamcinolone) | * Rhinocort (Budesonide) |
| * Nasarel (Flunisolide) | * Qnasl (Beclomethasone) |

* **No need to stop** leukotriene receptor antagonists such as:

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| * Singulair (Montelukast) | * Zyflo (Zileuton) |

* **Do not stop** asthma inhalersprior to skin testing appointment
* Other medications such as amitriptyline, imipramine, doxepin and quetiapine can also affect skin test but patients **should not stop** these medications before allergy testing unless instructed by physician.

***If you have any questions regarding the instructions above, please contact the office at 410-821-5151.***