



Allergy Testing Instructions

- Patients should avoid oral, intranasal and ocular antihistamines for **7 days prior** to their appointment date--These drugs include Claritin (Loratadine), Clarinex (Desloratadine), Allegra (Fexofenadine), Zyrtec (Cetirizine), Xyzal (Levocetirizine), Astelin/Astepro (Azelastine), Dymista (Fluticasone/Azelastine), Patanase (Olopatadine), Optivar (Azelastine), Patanol/Pataday/Pazeo (Olopatadine) and Alaway/Zaditor (Ketotifen)
- Some over-the-counter eye drops such as Visine-A, Naphcon-A and Opcon-A contain ocular antihistamine and need to be avoided for **7 days prior** to appointment date
- Patients should avoid Atarax (Hydroxyzine) **10 days prior** to their appointment date
- Benadryl (Diphenhydramine) needs **48-hour avoidance**
- Some over-the-counter cold medications such as Tylenol PM, NyQuil and Advil PM may contain antihistamine so please avoid for **48 hours prior** to appointment date
- Other medications, i.e. psychiatric medications (such as Amitriptyline, Quetiapine, Doxepin & Imipramine), can also have skin test suppression but patients should not stop this before seeing Dr. Robertson. The decision to stop these medications needs to be weighed and alternatives considered
- There is no need to stop intranasal steroid medications such as Flonase (Fluticasone), Nasacort (Triamcinolone), Nasarel (Flunisolide), Nasonex (Mometasone), Qnasl (Beclomethasone) and Rhinocort (Budesonide)
- There is no need to stop leukotriene receptor antagonists such as Singulair (Montelukast) and Zflo (Zileuton)
- There is no need to stop asthma inhalers prior to skin testing appointment
- Hold rescue inhaler (e.g. Albuterol, ProAir, Proventil, Ventolin, Xopenex) for **4 hours prior** to appointment
- Hold long acting inhaler (e.g. Advair, Airduo, Breo, Symbicort, Dulera, Trelegy) for **12 hours prior** to appointment
- Hold Tiotropium (Spiriva) for **24 hours prior** to appointment