



VIRGINIA EAR NOSE & THROAT
A s s o c i a t e s

Virginia Ear, Nose and Throat Associates

Allergy Testing Instructions

There are certain medications which interfere with Allergy testing. **Please read these instructions carefully.**

- **Do not take these medications for 7 days prior to a test:** Claritin, Claritin D or Clarinex
- **Do not take the following medications for 3 days prior to a test:** Any antihistamine, anti-inflammatory, muscle relaxant, tranquilizer, sedative, steroid nasal spray, large doses of Vitamin C (over 1 gram per day). (See attached lists)
- **If your doctor has prescribed steroids in any form** (oral, by injection, into a tendon, joint, IV, into the turbinates, or lotion or cream), **your test will need to be scheduled 4 weeks after you have stopped or finished the steroid.**
- **You may take any of the following medications up until the time of your test.**
 - Asthma medications
 - Diabetic medications
 - Thyroid medications
 - Birth control pill or Hormone replacement therapy
 - Blood pressure medications, except Beta Blockers (please call the allergy office)
 - Fluid pills
 - Plain decongestants, such as Sudafed
 - Tylenol (avoid Tylenol PM)
 - Saline nasal sprays

Allergy testing takes 1.5 to 2 hours. Please wear something short sleeved or sleeveless and bring a pair of shorts. **Do not wear scented products** when being seen in the allergy office for either testing or treatment as they may affect fellow patients.

If it is necessary to cancel your testing appointment, please notify us at least 24 hours prior to your appointment. If we are not notified and you do not come for your appointment, there will be a \$100.00 missed appointment charge.

Please complete the attached allergy questionnaire and bring it with you to your appointment in order that we may better understand your allergy history.

If you have any questions/concerns prior to the date of your testing please call our Allergy Office @ 484-3734 for assistance.

We look forward to helping you improve your quality of life.

Do not take these medications for 7 days prior to your allergy test

Claritin	Claritin D	Clarinex
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Medications which contain antihistamine - omit for 3 days prior to allergy test

Actifed	Excedrin PM	Poly-Histine
Allegra	Isoclor	Ritalin
Atarax	Kronofed A and JR	Rondec
Atrohist	Marax	Ru-Tuss
Benadry (diphenhydramine)	Midol PM	Tagamet
Chlorpheiramine	Naldecon	Tavist I and II
Chlor-Trimeton	Nolahist	Teldrin
Comhist	Novahistine	Tylenol PM
Deconamine	Nolamine	Zantac
Dimetapp	Optimine	Zyrtec, Xyzol
Dramamine	Phenergan	

Anti-Inflammatory Medications - omit for 3 days prior to allergy test

Ibuprofen (Motrin, Advil)	Naproxen Sodium (Alleve)	Aspirin Products (Excedrin, Alka-Seltzer)
Vioxx	Celebrex	

Muscle relaxants, sedatives, anti-anxiety medications-omit for 3 days prior to a test

Ambien	Dantroline	Sonata
Atarax	Desyrel	St. John's Wort
Ativan	Flexeril	Valium
Baclofen	Methocarbamol	Vistaril
Carisoprodol	Restoril	Xanax
Compazine	Soma	Zanaflex
Cyclobenzoprine HCL		

804-484-3734

www.Virginiaent.com