

Virginia Ear, Nose and Throat Associates

**Allergy Testing Instructions**

There are certain medications that interfere with allergy testing. **Please read these instructions carefully.**

- **Do not take antihistamine medications for 7 days prior to a test:** Claritin, Claritin D, Clarinex, Zyrtec, Zyrtec D, Allegra, Allegra D, Xyzal, Cetirizine, Loratadine or Fexofenadine. (See attached list)
- **Do not take the following medications for 3 days prior to a test:** Any anti-inflammatory, muscle relaxant, sedative, allergy eye drops, allergy nasal antihistamine spray, anxiety and depression medications. (See attached list)
- **Patients on a beta blocker (for blood pressure, heart rhythm or migraine prevention) should hold this medication for 24 hours prior to testing, if possible. Patient should contact the prescriber of this medication for permission to discontinue 24 hours prior to testing. These medications commonly end with "olol". If not possible, a RAST test will be performed instead of skin testing.**
- **Please check with your prescribing physician before stopping any medications.**
- **You may take any of the following medications up until the time of your test.**
  - Nasal steroid sprays (Flonase, Nasacort, Nasonex, Rhinocort etc.)
  - Singulair/Montelukast
  - Asthma medications
  - Diabetic medications
  - Thyroid medications
  - Birth control pill or hormone replacement therapy
  - Blood pressure medications, **except beta blockers**--commonly end in "olol" (please call the allergy office)
  - Fluid pills
  - Plain decongestants, such as Sudafed
  - Saline nasal sprays

Allergy testing may take up to 2 hours. Please wear something short sleeved or sleeveless and bring a pair of shorts. **Please do not wear scented products** when being seen in the allergy office as they may affect other patients.

**If it is necessary to cancel your testing appointment, please notify the clinic at least 24 hours prior to your appointment. If the clinic is not notified at least 24 hours in advance of the appointment, there will be an \$80.00 missed appointment charge.**

**If you are more than 15 minutes late to your appointment, you may be required to reschedule the appointment.**

**Please complete the attached allergy history form and bring it to your appointment so that we may better understand your allergy history.**

**If you have any questions or concerns prior to the date of your testing, please call our allergy office at 804-484-3700 ext. 2034 (Midlothian office), 2036 (West End office), 2037 (Hanover office) for assistance. We look forward to helping you improve your quality of life.**

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

Alavert/Alavert D	Clarinet/Desloratadine	Xyzal/Levocetirizine
Allegra D/Fexofenadine D	Claritin D/Loratadine D	Zyrtec D/Cetirizine D
Allegra/Fexofenadine	Claritin/Loratadine	Zyrtec/Cetirizine

**Do not take these medications 3-5 days prior to your allergy test.**

Acrivastine	Clemastine	Mirtazapine	Tylenol PM
Advil PM/Ibuprofen PM	Cimetidine/Tagamet	Mucinex Allergy	Unisom
Allergy Eye Drops	Cyproheptadine	Nizatidine	Vistaril
Amitriptyline	Dimenhydrinate	Nyquil	Zzzquil
Antivert	Dimetapp	Olopatadine	
Astelin/Astepro/Azelastine	Doxepin	Patanase	
Atarax/Hydroxyzine/Vistaril	Doxylamine	Pepcid/Famotidine	
Atrovent	Dramamine	Periactin	
Benadryl (diphenhydramine)	Dymista	Phenergan/Promethazine	
Bonine	Elavil	Phenyltoloxamine	
Bromfed	Excedrin PM	Remeron	
Brompheniramine	Ipratropium	Ritalin	
Carbinoxamine	Meclizine	Semprex	
Chlorpheniramine	Metoclopramide	Simply Sleep	
Chlortrimeton	Midol PM	Triaminic	

**Anti-inflammatory medications** – Do not use the day of your allergy test.

Acetaminophen/Tylenol	Butalbital/Fioricet	Ibuprofen (Motrin, Advil)	Ketoprofen	Nabumetone
Aspirin Products (Excedrin, Alka-Seltzer)	Celebrex/Celecoxib	Indocin/Indomethacin	Midrin	Naproxen /Aleve

**Muscle relaxants, sedatives, anti-anxiety medications**-Discontinue 3 days prior to your allergy test, if possible.

Ambien/Zolpidem	Lunesta/Eszopiclone
Ativan/Lorazepam	Methocarbamol/Robaxin
Baclofen	Restoril/Temazepam
Buspar/Buspirone	Sonata/Zaleplon
Carisoprodol/Soma	St. John's Wort
Compazine	Valium/Diazepam
Cyclobenzaprine/Flexeril	Xanax/Alprazolam
Dantroline	Zanaflex/Tizanidine
Desyrel	

**SSRI's**

**SNRI's**

**Beta Blockers**

Celexa	Cymbalta	<b>Hold for 24 hours prior to test.</b>
Lexapro	Effexor	Commonly end in "olol"
Paxil	Wellbutrin	i.e.: propranolol, carvedilol,
Prozac		metoprolol, atenolol, labetalol.
Zoloft		

+++ Skin Testing and RAST blood testing will not be accurate for patients taking Xolair.

**\*\*This list is not all inclusive, please call the office with any questions concerning medications\*\***