

# Stone Oak Allergy

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## Patient Instructions For Allergy Skin Testing

Allergy skin testing is performed to assist your Allergist in determining what may be causing symptoms of an allergic reaction. Extracts of common allergens are pricked or injected into the superficial layers of the skin. A positive reaction resembles a small mosquito bite and typically resolves within one hour. Positive and negative skin tests must be correlated with the patient's clinical history and physical findings to determine the test's relevance.

- Testing may take up to 2 hours.
- You may eat as usual prior to the test.
- The skin testing will be performed on your back by a medical assistant
- You will be given a consent form to sign, which explains the risks and benefits of the test.
- You will have the opportunity to discuss questions and concerns prior to the test with your provider. Your provider will review your test results with you after the test has been completed.
- *If you have questions before your visit, call us at (210) 494-0690 and ask for the Allergy nurse.*

### **Medications to be avoided 5-7**

#### **days prior:**

Loratadine (Claritin, Alavert, OTC generics)  
Fexofenadine (Allegra)  
Cetirizine (Zyrtec and OTC generics)  
Desloratadine (Clarinex)  
Levocetirizine (Xyzal)  
Chlorpheniramine (Chlor-Trimeton, Atrohist, Deconamine, Rondec, Rynatan)  
Hydroxyzine (Atarax, Vistaril)

### **Medications to be avoided 4-5**

#### **days prior:**

Azelastine nasal spray (Astelin)  
Olopatadine nasal spray (Patanase)  
Acrivastine (Semprex-D)

### **Medications to be avoided 3 days**

**prior:** Azatadine (Trinalin)

Brompheniramine (Dimetane)  
Carbinoxamine (Palgic)  
Clemastine (Tavist)  
Cyproheptadine (Periactin)  
Dexchlorpheniramine (Polaramine)  
Dimenhydrinate (Dramamine)  
Diphenhydramine (Benadryl)  
Doxylamine  
Ketotifen tablets  
Meclizine (Bonine)  
Phenindamine (Nolahist)  
Pheniramine  
Promethazine (Phenergan)  
Tripeleennamine (PBZ)  
Triprolidine (Triafed)

### **Over-the-counter Allergy, Cold,**

**and Sleep medications:** Actifed  
Advil PM, Allergy or Multi-symptom cold  
Alka-Seltzer Plus  
Cold, Flu  
Allrest  
Comtrex

Contac Coricidin  
Dimetapp Dristan tablets  
Drixoral  
Nyquil (Vicks)  
Robitussin Cough & Cold, Cough & Allergy  
Sine-Off  
Sudafed Allergy, Severe Cold, Nighttime  
Theraflu products  
Triaminic  
Tylenol Plus, Cold, Allergy, PM or Nighttime products  
Zicam Cold & Flu  
Unisom, Sominex, Simply Sleep

### **Stomach Acid Anti-histamines**

Famotidine (Pepcid)  
Ranitidine (Zantac)

*And anything else containing an  
**Anti-histamine***

### **Other medications to avoid prior to testing:**

Tricyclic antidepressants: Elavil (amitriptyline), Sinequan (doxepin), Norpramin (desipramine), Tofranil (imipramine), Anafranil (clomipramine) and Pamelor (nortriptyline)

**H2 inhibitors:** Pepcid (famotidine), Tagamet (cimetidine) and Zantac (ranitidine)

**You should ask the doctor who prescribed these agents if it is safe for you to stop.**

If you are on Beta-blockers or MAO inhibitors, please check with your allergist if you should stop them before testing. Your primary doctor and allergist may need to consult prior to testing.

**WHEN IN DOUBT, PLEASE CALL THE OFFICE**

**\*\*All of your other medications (including asthma inhalers, Singulair, steroids) should be taken as prescribed.\*\***