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Allergy Testing Information and Instructions

Allergy testing gives you specific information regarding many common inhalant (airborne) antigens, including pollens, molds, dust, and animal dander, as well as foods.

For most patients, including children, testing is done on the upper arms via prick testing. The process takes 60-90 minutes; the results are immediately known and will be discussed with you at that same appointment.

Wear a short-sleeved shirt on the day of your testing and allow up to 2-3 hours for a visit. Be sure to eat something before testing. If you are ill, call our office to reschedule.

We must know all the medications you are taking. Be sure to discuss the medications with your doctor or nurse as some medications can interfere with testing. This is especially important with blood pressure medications (beta blockers), prostate, glaucoma, or headache medications.

Do not stop asthma medicines, inhalers, or Singulair. You may continue to use nasal steroid sprays, nasal saline, and prednisone. If you have a lot of nasal congestion while off your antihistamines, you can use a decongestant such as Sudafed (pseudoephedrine). Decongestants can elevate blood pressure, so use sparingly if you already have problems with high blood pressure.

You may continue taking: Nasal steroids (e.g. Flonase, Nasacort, Nasonex,), Antibiotics, Steroids, Asthma preventive inhalers (e.g. Advair, Symbicort, Qvar, Dulera, Asmanex), Albuterol, Singulair Mucinex. Please inquire if you are unsure about stopping a medication.

All antihistamines must be stopped 5 days before allergy testing. Many over-the-counter cough and cold products contain antihistamines, so please ask if you are unsure.

Beta blockers and anything containing the following should be stopped 5 days before testing: Chlorpheniramine, Maleate, Doxylamine Succinate, Diphenhydramine Hydrochloride, Brompheniramine Maleate. **Visit with your prescribing physician before stopping on your own.**

Allergy shots or drops should be stopped 7 days prior to testing.

The following antihistamines, nose sprays, and antidepressants must be stopped 5 days prior to testing:

Prescription Antihistamines	Vistaril	Atarax (hydroxyzine)		
Nose Sprays	Astelin (azelastine)	Astepro (azelastine)	Ryaltris (olopatadine + mometasone)	
Antidepressants	Anafranil (clomipramine)	Pamelor (nortriptyline)	Sourmontil (trimipramine)	Remeron (mirtazapine)
	Elavil (amitriptyline)	Sinequan (doxepin)	Tofranil (imipramine)	Norpramin (desipramine)