

Peak ENT and Voice Center
Allergy Test Instructions

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ALLERGY TESTING: Your doctor has recommended skin testing for airborne or inhalant allergens for you. The test may include testing for plant pollens, animal danders, molds, yeast and dust mites. The purpose of allergy testing is to determine what you're allergic to so that the best treatment course can be chosen.

What to expect during the allergy test:

- 1. Consent Form:** Prior to the skin test, you will be asked to fill out a consent form, giving your permission for the test to be performed. Please feel free to ask any questions about the allergy test at any time during your appointment. Note the medications that you'll need to stop taking before your allergy test appointment.*
- 2. Allergy Test.** On the day of testing, skin-prick-test devices that test 8 allergens at once will be pressed against the skin of your forearms or back. The test devices cause only mild discomfort and are not painful. It feels like pressing the bristles of a hairbrush against your skin with mild to moderate pressure. After the test devices are pressed against your skin, they are discarded. Little puddles of allergy serum are left to sit on your skin for 10-15 minutes. If your skin reacts to any of the allergens tested, you may feel some itching at the test site. If your skin is very itchy after the test, we can put on some strong anti-itch cream to reduce discomfort. Sometimes, your doctor will recommend intradermal testing for molds and yeast if your doctor suspects that you have an allergy to them and they don't react on the skin prick test. This involves using a small-gauge needle to inject a very small amount of the allergens under the skin.
- 3. Results:** After the skin test, you will meet with your doctor for a short visit to discuss the test results. The skin test tells your doctor what you're allergic to and how strongly your skin reacted.
- 4. Allergy Treatment:** Your doctor will also discuss a treatment plan to help you find both short-term and long-term allergy relief.

Before the Allergy Test:

What do I need to do to prepare for allergy testing? Please read the instructions below to prepare for your allergy-testing visit with us.

***Medication Avoidance:**

Some medications interfere with skin testing for allergies. The following is a list of medications and supplements that should be avoided. See the list of drugs below that interfere with allergy testing. Check with your prescribing physician before stopping any medications. Please review the list of medications below completely and notify your doctor right away if you're taking any of these medications.

Long-Acting Antihistamines: Avoid these medications for 7 days prior to skin allergy testing:

Generic name	Trade name
Allegra or Allegra D	Fexofenadine

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Claritin or Claritin D
Zyrtec or Zyrtec D

Loratidine
Cetirizine

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MAO Inhibitors: Must be off for 5 days prior to testing. Please check with your prescribing doctor prior to discontinuing medications.

Matulane (Procarbazine)	Eutonyl (Pargyline)
Nardil (Phenelzine)	Eutron (Pargyline & Methylothiazine)
Parnate (Tranylepromine)	Floxone (Furzaolidone)

Other Antihistamines, Nasal Steroids & Inhaled Steroids & Decongestants: Must be off **3 days** prior to testing. This list is not all-inclusive. Please call if you have any questions on medications.

Actifed	Nasonex	Deconamine	Periactin	Nisaval
Advil Cold/Sinus	Flonase	Dimetapp	Polaramine	Nolahist
Benadryl	Beconase	Dimetane	Poly-histine	Nolamine
Chlorpheniramine	Patanase	Dramamine	Qnasl	Novahistine
Chor-Trimeton	Astelin spray	Dymista	Ritalin	Optimine
Clistin-Glisten	Pataday	Excedrin PM	Robistussin CF	Flovent
Comhist	Alaway Drops	Entex	Rondec	Azmacort
Singulair	Zataday Drops	Isoclor	Tavist-I	Advair
Accolate	Kronofed	Ru-tuss	Tavist-D	Spiriva
Aldecon	Marax	Rynatan	Teldrin	Xolair
		Midol PM	TheraFlu	Zetonna

H2 Antagonists: Anti-nausea and Reflux medications. Should be off 7 days prior to testing.

Meclizine	Tagamet (Cimetidine)
Phenergan	Zantac (Ranitidine)
Compazine	Pepcid, Axid (Famotidine)

Beta Blockers: must be off 5 days prior to testing.

You should not be skin tested for allergies if you are on one of these or any other beta-blocking medications for heart conditions, headaches or glaucoma. You will need to contact your prescribing physician to discuss changing or temporarily stopping the beta-blocker in order to safely undergo skin allergy testing.

Betapace (Sotalol)	Normodyne (Labetolol HCL)
Blocarden (Timolol Maleate)	Normozide (Labetolol & HCTZ)
Brevibloc (Esmolol HCL)	Sectral (Acebutolol HCL)
Cartrol (Carteolol HCL)	Tenoretic (Atenolol & Chlorthalidone)
Corgard (Nadolol)	Tenormin (Atenolol)
Corzide (Nadolol & HCTZ)	Timolide (Timolol & HCTZ)
Inderal (Propranolol)	Toprol XL (Metoprolol Succinate)
Inderid (Propranolol & HCTZ)	Trandate (Labetolol HCL)

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Kerlone (Betaxolol HCL)	Visken (Pindolol)
Levatol (Penbutolol Sulfate)	Zebeta (Bisoprolol)
Lopressor (Metoprolol Tartrate)	Ziac (Bisoprolol & HCTZ)

Tricyclic Antidepressants: should be off 3-6 weeks prior to skin testing and then may continue after testing. Please consult with your prescribing doctor before stopping anti-depressant medications.

Adapin (Doxepin HCL)	Meravil (Amitriptyline)
Apo-Trimip (Trimipramine Maleate)	Pamelor (Nortriptyline HCL)
Asendin (Amoxapine)	Rolavil (Amitriptyline)
Aventyl (Nortriptyline HCL)	Sinequan (Doxepin HCL)
Elavil (Amitriptyline)	Surmontil (Trimipramine Maleate)
Endep (Amitriptyline)	Trofanil PM (Imipramine HCL & Pamoate)
Emitrip (Amitriptyline)	Trazodone (Desyrel)
Endlil (Amitriptyline)	Triadapin (Doxepin HCL)
Etrafon (Combination Drug)	Trialic (Combination Drug)
Impril (Imipramine HCL)	Tripramine (Imipramine HCL)
Levate (Amitriptyline)	Triptil (Protriptyline HCL)
Limbitrol (Combination Drug)	Vivactil (Pritroptyline HCL)

Anti-inflammatory Drugs: Must be off 5 days prior to skin testing.

Advil	Flexeril
Aleve	Ibuprofen
Celebrex	Motrin
Excedrin	Aspirin
Indocin	Naproxen
	Prednisone

Supplements and Homeopathic Remedies: Must be off 3 days prior to skin testing.

Green Tea	Herbal teas
Dietary supplements	Vitamins
Herbal pills	Fish oil
Flax seed	Any other antioxidant supplement
Any "anti-allergy" remedy	

Immunosuppressants

Notify our office if you are taking any immunosuppressant medication. Examples include, but are not limited to the following medications:

- Imuran (Azathioprine)
- Methotrexate (Purinethol)

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After the Test

Please apply hydrocortisone cream, Benadryl cream or other steroid cream to the test sites for 1-2 days if any itching persists.

Please contact our office with any questions: 720-401-2139.