

**Jake Gurland, M.D., L.L.C.**  
*Internal Medicine*

**Allergy Testing Pre-Testing Instructions**

**DO NOT:**

- 1. Do not take Claritin, Clarinex, Zyrtec, Xyzal, or Allegra for 48 hours prior to the allergy test.**
- 2. Do not take over the counter antihistamines (Benadryl, cold & sinus medications, sleep aids such as Tylenol PM) 48 hours before the test.**
- 3. Do not use nasal antihistamine sprays 48 hours prior to testing. For example, Azelastine or Olopatadine.**
- 4. Do not take medications such as Tagamet, Pepcid, or Zantac 48 hours prior to testing, as these contain a form of antihistamine.**
- 5. Do not take any steroids within 4 weeks of testing.**  

**\* Depo Medrol = 6 weeks**
- 6. Do not wear cologne, scented body lotion or hair spray. Other allergy patients could be sensitive to fragrances. Deodorant is fine.**

Your testing is scheduled for : \_\_\_\_\_

If you need to cancel or reschedule please call the office asap.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_