

Patient Name: \_\_\_\_\_ Allergy Test Appointment Date/Time: \_\_\_\_\_

Please call to confirm your appointment the date before or the morning of your test. It is very important that you do not take any medication containing antihistamines or that have an antihistamine effect prior to your test. This include cough and cold preparations and some antidepressants, muscle relaxants, or sleep medications. If you are unsure, please ask.

If taking any of the following medications you will need to stop prior to your allergy test according to this schedule.

Category	Active Compound	Common Brand Names	Uses/Conditions	# of days to stop before allergy test
<b>Antihistamines</b>	Fexofenadine	Allegra	Allergies/Hives	3 days
	Azelastine	Astelin, Optivar	Nose/Eye allergies	3 days
	Cetirizine	Reactine, Zyrtec	Allergies/Hives	4 days
	Diphenhydramine	Actifed, Benadryl, Nytol, Tylenol PM, Hydramine, Twilite, Sominex, Diphedryl	Allergies, itchy skin, flu, colds	5 days
	Chlorpheniramine	Aller-Chlor, Chlor-Allergy, Chlorphen	Allergies/Colds and Conjunctivitis	6 days
	Loratidine and Desloratidine	Claritin, Alavert, Aerius	Allergies/Hives	7 days
	Hydroxazine	Afarax, Phenergan	Nervousness	8 days
	Clemastine	Contact 12 hour allergy, Allerhist, Tavist	Allergies/Colds	10 days
<b>Sedatives and Antidepressants*</b>		Ativan, Vallium, Versed, Klonopin, Ambien, Lunesta, Oleptro, Remeron, Seroquel, Wellbutrin, Norpramin	Depression – only discontinue if clinically able on advice of prescribing physician	5-7 days (Wellbutrin, Ambien 0-3 days)
<b>Tricyclic Antidepressants</b>	Ex. Imipramine, Elavil, Doxepin, Aventyl and others	Tofranil, Amitriptyline, Sinequan, Nortriptyline and others	Depression – only if clinically able (as above)	11 days
<b>H<sub>2</sub> Receptor Antagonists</b>	Ranitidine, cimetidine	Zantac, Tagamet	Ulcers, Stomach Acid	2 days
<b>Herbal Supplements</b>		Licorice, Green Team Saw Palmetto, St. John's Wort, Feverfew	Decreased whealing response during allergy testing	3 days
		Milk Thistle and Astragalus	Increased whealing response during allergy testing	3 days

\*Check with the physician who prescribed the medication prior to stopping it. A histamine test, 2-3 days before the allergy test may be required. Please consult with the office.

\*\*You can continue taking Serotonin and Serotonin Norepinephrine Reuptake Inhibitors (SSRI and SNRI) and Proton Pump Inhibitors (PPI) prior to your allergy appointment.