

Antihistamines will affect the results of skin prick tests and need to be stopped before the testing is completed in order to get accurate results. Please review the following carefully in order to avoid having to delay your allergy testing or getting incomplete results due to interference with medications.

Please **STOP** these antihistamines and medications that may interfere with allergy testing for **2- 3 days before** your appointment. If you are concerned about stopping medications for a chronic condition (other than allergies), consult with your specialist/ primary care provider if okay to temporarily stop them for the purpose of allergy testing.

- Zyrtec® (cetirizine), Xyzal (levocetirizine), Claritin® (Loratadine), Allegra® (fexofenadine) Clarinex® (desloratadine) Atarax®, Vistaril® (hydroxyzine) Phenergan® (promethazine).
- Cimetidine (Tagamet), Famotidine (Pepcid), Ranitidine (Zantac)
- Midol, Promethazine (Phenergan), Trazodone (Desyrel)

Please also **STOP** these shorter-acting (*cold/flu*) antihistamines or sleep aids **ONE day prior** to your testing (visit):

- Tavist®, Antihist®, Dayhist® (clemastine)
- Combination medicines: Actifed®, Aller-Chlor®, Bromfed®, Drixoral®, Dura-tab®, Novafed-A®, Ornade®, Poly-Histine-D®, Trinalin®
- Benadryl® (diphenhydramine), ChlorTrimeton® (chlorpheniramine), Dimetapp® (brompheniramine)
- Sleep aides (examples: Unisom, Tylenol® PM, Advil® PM and Nyquil™)

DO NOT APPLY ANY CREAMS ON YOUR BACK OR ARMS ON THE DAY OF YOUR VISIT.

DRESS COMFORTABLY: The testing will involve small plastic toothpicks placed on the back and small “pricks” done on the upper arms. Wear comfortable clothing that allows for easy exposure to this area. It is best to avoid tight or restrictive clothing.

PLAN TO BE EARLY IF POSSIBLE.

EAT: This is one test where it’s always a good idea to have something in your stomach prior to your appointment. Just make sure not to eat anything to which you’ve reacted in the past.

BRING ENTERTAINMENT: While the skin test doesn’t take a very long time to perform, the actual appointment often lasts longer than a regular visit. Make sure to bring a good book, IPAD, or something else to keep you entertained.

RELAX: Skin testing is a relatively easy procedure. You will be closely monitored throughout your visit and the results will provide the knowledge you need to make informed, empowered decisions regarding your health.

