

If you need to reschedule your appointment for an allergy skin test or food challenge, please contact us 24 hours in advance so that time can be used to help our other patients.

Allergy Skin Testing / Food Challenge

- Testing will take approximately 2 ½ hours (allergy testing)
- Testing will take approximately 2-3 hours (food challenge)
- **NO ANTIHISTAMINES** should be taken 5 DAYS PRIOR to testing.

Examples of common antihistamines

Prescription: Zyrtec, Zyrtec-D
Clarinet, Clarinet-D
Xyzal (levocetirizine)
Astelin, Astepro, Patanase
Vistaril, Atarax (hydroxyzine)
Allegra, Allegra-D (fexofenandine)
Tussionex
Eyedrops: Patanol, Pataday, Optivar, Bepreve

Over the Counter: Alavert (loratadine)
(OTC's) Claritin, Claritin-D (loratadine)
Benadryl (diphenhydramine)
Tavist Allergy (clemastinefumarate)
Dimetapp Cold (brompheniramine)
Chlor-Trimeton (chlorpheniramine)
Vicks Formula 44M
NyQuil
PediaCare
Tylenol Allergy Sinus
Advil Cold & Sinus
Actifed Allergy
Alka-Seltzer Plus Cold
Zaditor (ketotifen) eyedrops

** If you have any questions about medications, please feel free to call our office for clarification and ask to speak to Racheal or Lizbeth.**

Please turn page over for further instructions.

- **No Beta-Blockers** should be taken the morning of the test.

Examples of Beta-Blockers:

Inderal LA, Innopran XL (Propranolol), Lopressor (Metoprolol), Toprol XL (Metoprolol XL), Tenormin (Atenolol), Ziac, Zebeta (bisoprolol), Coreg (carvedilol), Sectral (acebutolol), Kerlone (betaxolol), Trandate, Normodyne (labetalol), Corgard (nadolol), Levatol (Penbutolol), Pindolol, Blocadren (Timolol)

- **For a food challenge, bring:**

A couple of raw/uncooked pieces of the food for which you are being tested.

A serving of baked/boiled/broiled food with no spices or seasonings for the food that you are being tested for.

Spirometry (Breathing Test)

- **NO BRONCHODILATOR** of any kind should be used in the morning when you return for a breathing test.

Examples:

Albuterol, Xopenex, ProAir, Proventil, Ventolin HFA, Advair Diskus, Advair HFA, Symbicort, Accuneb, Duoneb, Atrovent, Combivent, Foradil, Serevent Diskus, Spiriva

More information about allergies, asthma, and medications can be found on our website.

Thank you for choosing us for your allergy and asthma care!