

Virginia Ear, Nose and Throat Associates
Allergy Testing Instructions

There are certain medications that interfere with allergy testing. **Please read these instructions carefully.**

- **Do not take antihistamine medications for 7 days prior to a test:** Claritin, Claritin D, Clarinex, Zyrtec, Zyrtec D, Allegra, Allegra D, Xyzal, Cetirizine, Loratadine or Fexofenadine. (See attached list)
- **Do not take the following medications for 3 days prior to your test:** Sedatives, allergy eye drops, allergy nasal antihistamine spray (See attached list)
- **Patients on a beta blocker (for blood pressure, heart rhythm or migraine prevention) should hold this medication for 24 hours prior to testing, if possible. Patient should contact the prescriber of this medication for permission to discontinue 24 hours prior to testing. These medications commonly end with "olol". If not possible, a RAST test (blood testing) will be performed instead of skin testing. This can be done at any LabCorp.**
- **Please check with your prescribing physician before stopping any medications.**
- **You may take any of the following medications up until the time of your test.**
 - Nasal steroid sprays (Flonase, Nasacort, Nasonex, Rhinocort etc.)
 - Singulair/Montelukast
 - Asthma medications
 - Diabetic medications
 - Thyroid medications
 - Birth control pill or hormone replacement therapy
 - Blood pressure medications, **except beta blockers**--commonly end in "olol" (please call the allergy office)
 - Fluid pills
 - Plain decongestants, such as Sudafed
 - Saline nasal sprays

Allergy testing may take up to 2 hours. Please wear something short sleeved or sleeveless and bring a pair of shorts. **Please do not wear scented products** when being seen in the allergy office as they may affect other patients. Please be sure to eat something prior to your appointment.

If it is necessary to cancel your testing appointment, please notify the clinic at least 24 hours prior to your appointment. If the clinic is not notified at least 24 hours in advance of the appointment, there will be an \$80.00 missed appointment charge.

If you are more than 15 minutes late to your appointment, you may be required to reschedule the appointment.

Please complete the attached allergy history form and bring it to your appointment so that we may better understand your allergy history.

If you have any questions or concerns prior to the date of your testing, please call our allergy office at 804-484-3700 ext. 2034 (Midlothian office), 2036 (West End office), 2037 (Hanover office) for assistance. We look forward to helping you improve your quality of life.

Do not take these antihistamine medications for 7 days prior to your allergy test.

Alavert/Alavert D	Clarinet/Desloratadine	Xyzal/Levocetirizine
Allegra D/Fexofenadine D	Claritin D/Loratadine D	Zyrtec D/Cetirizine D
Allegra/Fexofenadine	Claritin/Loratadine	Zyrtec/Cetirizine

Do not take these medications 3-5 days prior to your allergy test.

Acrivastine	Cimetidine/Tagamet	Mirtazapine	Tylenol PM
Advil PM/Ibuprofen PM	Cyproheptadine	Mucinex Allergy	Unisom
Allergy Eye Drops	Dimenhydrinate	Nizatidine	Zzzquil
Amitriptyline	Dimetapp	Nyquil	Zantac/Ranitidine
Antivert	Doxepin	Olopatadine	
Astelin/Astepro/Azelastine/ Optivar eye drops	Doxylamine	Patanase	
Atrovent	Dramamine	Pepcid/Famotidine	
Benadryl (diphenhydramine)	Dymista (Fluticasone/Azelastine)	Periactin/ Cyproheptadine	
Bonine	Elavil	Phenergan/Promethazine	
Bromfed	Excedrin PM	Phenyltoloxamine	
Brompheniramine	Hydroxyzine (Vistaril/Atarax)	Remeron	
Carbinoxamine	Ipratropium	Ritalin	
Chlorpheniramine	Meclizine	Semprex	
Chlortrimeton	Metoclopramide	Simply Sleep	
Clemastine	Midol PM	Triaminic	

Muscle relaxants, sedatives, anti-anxiety medications-

Discontinue 3 days prior to your allergy test, **if possible**

Ambien/Zolpidem	Methocarbamol/Robaxin
Ativan/Lorazepam	Restoril/Temazepam
Baclofen	Sonata/Zaleplon
Buspar/Buspirone	St. John's Wort
Carisoprodol/Soma	Trazodone/ Desyrel
Compazine	Valium/Diazepam
Cyclobenzaprine/Flexeril	Xanax/Alprazolam
Dantroline	Zanaflex/Tizanidine
Lunesta/Eszopiclone	Wellbutrin (SNRI)

Beta Blockers- Hold for 24 hours prior to test- Commonly end in "olol"

Common Examples:

Propranolol (Inderal/InnoPran XL)	Metoprolol (Lopressor/Toprol XL)
Carvedilol (Coreg/Coreg CR)	Atenolol (Tenormin)
Labetalol (Trandate)	Bisoprolol (Cardicor/Emcor)
Nebivolol (Bystolic)	Nadolol (Corgard)
Sotalol (Betapace)	Timolol (Blocadren/Timoptic) *can be found in certain eye drops

+++ Skin Testing and RAST blood testing will not be accurate for patients taking Xolair.

This list is not all inclusive, please call the office with any questions concerning medications