Preparation for Allergy Testing

Your doctor has ordered allergy testing. The allergy department will contact you to schedule your appointment for testing. At that time, your insurance benefits will be reviewed. Instructions will be given as to when you will need to discontinue taking certain medications. Our office tests for environmental allergens – pollens, dust mites, molds, cat, dog, and cockroach. **It is important that you inform the nurse if there are foods which you avoid due to reactions when eaten.**

**DON’Ts**

- Do **not** take Claritin, Clarinex, Zyrtec, Xyzal, or Allegra for 7 days prior to the allergy test.
- Do **not** take over the counter antihistamines (Benadryl, cold & sinus medications, sleep aids such as Tylenol PM) 7 days before the test.
- Do **not** take medications such as Tagamet, Pepcid, or Zantac 1 day prior to testing, as these contain a form of antihistamine.
- Do **not** take a **tricyclic antidepressant medication**. Please inform the allergy nurse if you do. These medications must be stopped 1 week prior to the allergy test with the permission of the prescribing physician. (Not all antidepressant medications are tricyclic.)
- **Do not take a beta-blocker medication**. Please inform the allergy nurse if you do. Beta-blockers are medications used for treatment of high blood pressure, migraine headaches, heart problems, performance anxiety or glaucoma (eye drops) and must be discontinued with the permission of the prescribing physician. For example, Metoprolol or Timolol.
- Do **not** wear cologne, scented body lotion or hair spray. Other allergy patients could be sensitive to fragrances. Deodorant is fine.
- Do **not** use nasal antihistamine sprays 1 week prior to testing. For example, Azelastine or Olopatadine.

**TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST RESULTS, OR MAKE TESTING DANGEROUS! IF YOU ARE UNSURE ABOUT A MEDICATION, PLEASE ASK THE NURSE PRIOR TO YOUR APPOINTMENT.**

**DO’s**

- You may continue to use steroid nasal sprays.
- It is not necessary to be fasting or on a special diet for the test.
- You may bring a beverage and snacks on the day of the test.

On the day of your test, the results will be reviewed and you will receive a copy of your test. All medications can be resumed after testing (with the exception of Beta-Blockers if you plan to begin allergy immunotherapy). After testing, you will have the option of receiving allergy injections/drops/tablets for up to 3-5 years. You will be required to have your injections given in our office with a 30 minute wait. Drops and tablets are administered daily at home.

In an effort to make this test accessible for all of our patients, we appreciate a week’s notice for cancellations.

**For Questions or Emergency Care:**
Please call the office at **601-984-5160**. You may need to speak with the doctor on-call.