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NAME: \_\_\_\_\_  
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## STOPPING MEDICINES BEFORE ALLERGY TESTS

Some medications interfere with allergy testing and therefore need to be stopped ahead of time. The following guidelines are based on our experience and the best current information. Since people differ in their body chemistry, rarely someone may find these waiting periods inadequate. To guard against that possibility, our testing procedures check for interference from medications. Please compare your present medications with the following list and call us with any questions.

# DAYS BEFORE TESTING	STOP
2 days (48 hours)	Most antihistamines and decongestants (Benadryl, Sudafed, etc.) (Both prescription and over-the-counter) Over-the-counter nausea medications (Dramamine, Bonine, etc.) Over-the-counter sleeping pills (Sominex, others) Over-the-counter nose sprays (Afrin, Dristan, 4-way, etc.) Most cough medicines (Robitussin, Triaminic, etc.) Antihistamine/decongestant eyedrops (Bausch & Lomb, Naphcon, Vasocon, etc.) Some asthma tablets (Brethine, Alupent, Ventolin, Proventil, Primatene, Marax, Volmax, albuterol, etc.)
5 days	Atarax, Vistaril (hydroxyzine), Tavist (clemastine)
7 days	Sinequan (doxepin), Allegra, Zyrtec, Astelin, Patanol, Livostin, Optivar Narcotics (including narcotic cough medications)
28 days	Claritin, Clarinex
1 day	Some asthma inhalers (albuterol, Proventil, Ventolin, Maxair, Brethine, Alupent, Primatene mist). If you need these medicines, take them and let us know.
Variable (please discuss with us)	Any herbs, "natural" vitamins, weight loss products, etc.

Your safety and comfort are our priority. If you expect to run into any problems stopping these medicines, let us know immediately. Usually an alternative medicine can be used which does not interfere with testing. If you forget and take a medicine too close to testing, let us know. We will determine whether you can still be accurately tested on that day.

### DO NOT DISCONTINUE

Steroid tablets:	Medrol (methylprednisolone), prednisone, others
Steroid inhalers:	Vanceril, Beclovent, Azmacort, Aerobid, Flovent, Pulmicort, Advair, Asmanex
Steroid nose sprays:	Vancenase, Beconase, Rhinocort, Nasacort, Nasalide, Flonase, Nasonex
Mast cell:	Cromolyn (Intal, Nasalcrom, Crolom), Tilade
Nonsteroids:	Aspirin, Naproxyn, Motrin, others
Theophylline:	Theodur, Slobid, others
Some eye drops:	Crolor, Alocril, Acular, Alamast, Alomide, Opticom, Zaditor
Other:	Serevent, Singulair, Accolate

### BETA BLOCKERS:

Some medicines, called beta-blockers, are risky to take during allergy testing. If you are on any medicines for high blood pressure, heart problems, irregular heartbeat, migraines, stage fright, or glaucoma (including eye drops), make sure that you have reviewed with us every medicine to make sure it is not a beta-blocker. If you have any other reason to suspect that a medicine which you are taking might be a beta-blocker, please contact us to make that determination. Do not discontinue beta-blockers on your own. That is often dangerous. We will direct you on how to proceed.

### YOUR MEDICINES: