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**NAME:** \_\_\_\_\_

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**DOB:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## 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 metabolism, 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

1 day (24 hours)  
2 days (48 hours)

### STOP

Some asthma inhalers: albuterol, Proventil, Ventolin, Proair, Xopenex  
Many antihistamines and decongestants (both prescription and over-the-counter (OTC)): Benadryl (diphenhydramine), Sudafed (pseudoephedrine), Sudafed-PE (phenylephrine), etc.  
OTC nausea medicine: Dramamine, Bonine, meclizine, etc.  
OTC sleeping pills: Sominex, etc.  
OTC decongestant nose sprays: Afrin, Dristan, 4-Way, etc.  
Some eyedrops: Bausch & Lomb, Naphcon (naphazoline), Zaditor (ketotifen) (also in Claritin and Zyrtec eyedrops!), Lastacaft, Bepreve  
Atarax (hydroxyzine), Tavist (clemastine), chlorpheniramine, brompheniramine  
Sinequan (doxepin), Allegra (fexofenadine), Zyrtec (cetirizine), Astelin/Astepro, (azelastine), Patanol/Patanase (olopatidine), Dymista  
Narcotics (including narcotic cough syrups)  
Robitussin (guaifenesin), dextromethorphan ("DM" cough suppressant), Delsym  
Claritin (loratadine), Clarinex (desloratidine)  
Any herbal supplements, "natural" vitamins, weight loss products, etc.

5 days  
7 days

28 days  
Variable (please ask us)

Your safety and comfort are our priority. If you expect to run into any problems stopping these medicines, let us know immediately. Often an alternative 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  
Steroid inhalers

Steroid nose sprays

Nonsteroidals (NSAIDS)  
Other pain relievers  
Mast cell stabilizers  
Theophylline  
Other

Medrol (methylprednisolone), prednisone, etc.  
Vanceril/Qvar (beclomethasone), Azmacort (triamcinolone), Pulmicort (budesonide), Flovent (fluticasone), Asmanex (mometasone), Advair, Symbicort, Alvesco  
Flonase (fluticasone), Nasonex (mometasone), Nasacort (triamcinolone), flunisolide, Rhinocort (budesonide), Qnasl (beclomethasone), Veramyst, Omnaris, Zetonna  
Aspirin, Naprosyn/Aleve (naproxen), Motrin/Advil (ibuprofen), many others  
Tylenol (acetaminophen)  
Cromolyn as eyedrops, inhalant (Intal), nose spray (Nasalcrom)  
Theophylline tablets  
Serevent, Accolate (zafirlukast), Singulair (montelukast), Zyflo (zileuton)

### BETA BLOCKERS:

Some medications, called beta-blockers, are risky to take during allergy skin testing. If you are on any medicine for high blood pressure, heart problems, irregular heartbeat, migraines, stage fright, or glaucoma, make sure that you have reviewed with us every medicine to make sure that 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:**