



CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER  
A MEDICAL CORPORATION

**Instruction for Patients Prior to Allergy Skin Testing**

Allergy Skin testing provides a fast, safe and reliable means for identifying allergic sensitivities to inhalant allergens (e.g., pollens, molds, dust mites and animal dander) and is also used sometimes to diagnose allergic sensitivities to insect stings, antibiotics and foods. The information obtained from allergy testing provides guidance for avoidance of allergens; the most important and first step in the treatment of any allergic disorder. Test results may also be used to formulate allergy shot extracts. In order to make your allergy testing appointment as productive as possible, we ask that you review the following instructions prior to your appointment:

1. Please allow a total of 1 hour for complete allergy testing.
2. Wear a shirt or blouse, which can be removed easily. If prick tests are negative, your doctor may request intradermal in the arm for further evaluation.
3. The medications listed below will interfere with allergy skin testing and should be discontinued for the time specified. If you have a medical condition or severe allergic symptoms, which might worsen without medications, please consult us prior to stopping these medications. If you have forgotten to stop these medications by the specified time, please consult one of our nurses to determine whether or not you need to reschedule your allergy testing appointment. All other medications, which are not listed below, will not interfere with skin testing and should be continued as prescribed.

**(DO NOT TAKE FOR 5-7 DAYS PRIOR TO ALLERGY TEST VISIT)**

**Antihistamines**

Zyrtec (Cetirizine) OTC  
Chlortrimeton (Chlorpheniramine)  
Clarinx (Desloratadine) OTC  
Benadryl (Diphenhydramine) OTC  
Atarax (Hydroxyzine) RX  
Alavert, Claritin, RediTabs (Loratadine) OTC  
Allegra (Fexofenadine) OTC  
Xyzal (Levocetirizine) RX  
Dramamine OTC  
Zantac (Ranitidine) OTC  
Axid (Nizatidine) RX  
Pepcid (Famotidine) OTC  
Tagamet (Cimetidine) OTC

Ryaltris

**Eye drops**

Pataday  
Zaditor

**Other**

Doxepin

**Nasal Sprays**

Astelin (Azelastine)  
Astepro (Azelastine)  
Dymista  
Patanase



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***DO NOT STOP YOUR ASTHMA OR OTHER RESPIRATORY MEDICATIONS UNLESS INSTRUCTED  
BY YOUR PRIMARY DOCTOR OR OUR MEDICAL STAFF***