**Instructions PRIOR to Allergy Testing**

1) **DO NOT TAKE any antihistamines for 6 DAYS PRIOR to testing, including…**

* Brand name antihistamines (Benadryl, Claratin, Clarinex, Zyrtec, Xyzal, Allegra)
* Antihistamine nasal sprays (Astelin, Astepro, Patanase, Afrin, Azelastine, Oxymetazoline)
* Antihistamine/decongestant eye drops (Bausch & Lomb, Naphcon, Vasocon, Pataday, Pazeo)
* Cough medications (Triaminic, Tussionex)
* Cold and/or sinus medications (Advil Cold & Sinus, Tylenol Cold & Sinus)
* Over-the-counter sleep aids (Advil PM, Tylenol PM, ZzzQuil, Unisom)

**2) DO NOT TAKE the following medications AT LEAST 1 DAY PRIOR to testing…**

* Indigestion medications (Tagament, Pepcid, Zantac)
* **HOWEVER**: Tums, Maalox, prescription medications are OK to take

**3) Inform the physician AT LEAST 1 WEEK PRIOR to testing if you are taking any type of beta-blocker to treat high blood pressure, migraines, heart problems, performance anxiety, or glaucoma (eye drops)**

**4) DO NOT wear cologne, scented body lotion, or scented hair products on day of testing**

* **HOWEVER**: Deodorant is OK to wear

**5) You CAN TAKE the following medications…**

* Nasal steroid sprays (Flonase, Fluticasone, Nasonex, Veramyst, Omnaris, Nasocort, Rhinocort, mometasone)
* Pain-relieving medication (Aspirin, Excedrin, Tylenol, Advil, Aleve)
* Oral decongestants (Sudafed) o
  + **HOWEVER**: No antihistamines (Benadryl, etc. – see #1 above)

**6) You DO NOT need to fast on the day of testing, and you CAN BRING a beverage/snack**

**7) All medications CAN be resumed after testing.**

* **HOWEVER**: If you plan on starting allergy immunotherapy, DO NOT resume taking betablockers

***If you have any questions or concerns regarding allergy testing, please contact us at (281) 332-4575.***

***If you need to cancel/reschedule your appointment, please let us know at least 24 hours in advance.***