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## Patient Instructions- Skin Pick Allergy Testing

We require a minimum of 48-hour cancellation notice for skin prick allergy appointments.

*The testing will last for approximately one hour. Please allow this time and wear a short sleeve shirt.*

*Pediatric Patients (younger than 12): Patient will be prescribed EMLA cream to numb back prior to skin prick testing. Patient should have EMLA cream placed on entire back approximately 2 hours prior to testing and wrap patient's back in saran wrap. The saran wrap will allow the medication to be the most effective. If you did not receive a prescription, please call clinic and notify immediately.*

### KEY INSTRUCTIONS FOR ALLERGY SKIN PRICK TESTING

- Please read below handout carefully to determine what day to stop antihistamines and/or other prescription medications! It is VERY IMPORTANT to discuss stopping any medication with prescribing provider prior to stopping medication. If you have questions, please contact office.
- Patients on Beta Blockers must have their medications reviewed by the allergy department. Patient should not stop taking Beta Blocker, but should review with provider prior to skin prick testing for further instructions.
- Patient may continue to take oral steroids as well as steroid nasal sprays (Flonase, Nasacort)
- If you have been diagnosed with Dermatographism or if your skin "whelps" or makes a hive easily when lightly "scraped", notify the allergy technician BEFORE the testing date.
- If you have asthma, please remind the allergy technician when you are brought into the room for allergy skin prick testing. It is VERY IMPORTANT that we know what your asthma status has been for one week prior to the allergy skin testing as the skin testing can affect your asthma status!
- Please have breakfast or lunch prior to have skin prick allergy testing.

*We are happy you have chosen Central Texas Sinus & Allergy to assist in determining any allergy problems you may have. Our team is willing to answer questions you have concerning skin prick testing. We are here to help you.*



**Antihistamines - First Generation: STOP MEDICATION BELOW 5 days prior to testing**

Generic Name	Brand Names
Azatadine	Optimine
Bromphenarimine	BroveX, Lodrane
Carbinoxamine Maleate	Histex Pd, Palgic, Pediatex, Karbinal
Chlorpheniramine	AHIST, Aller-Chlor, C.P.M, Chlo-Amine, Chlor-Allergy, Chlor-Mal, ChlorTrimeton, Chlorphen, Effidac-24, Histex, Ridraman
Clemastine	Allerhist-1, Contact 12hr Allergy, Tavist-1
Cyproheptadine	Periactin
Dexchlorpheniramine	Polaramine
Diphenhydramine	Actifed Sinus Day, Aler-Tab, Allergy, AllergySinus, Allermax, Aler-Dryl, Altaryl, Banophren, Benadryl, Calm-Aid, Children's Allergy, Compoz Nighttime, Diphedryl, Diphen-Allergy, Diphenhist, Dormin Sleep Aide, Dytan, Dytuss, Genahist, Hydramine, Ibuprofen PM, Nu-Med, Nytol, PediaCare Children's Allergy, Q-Dryl, Quenalin, Scot-Tussin Allergy, Siladryl, Silphen, Simply Allergy, Simply Sleep, Sleep-ettes, Sleep Formula, Sleepinal, Sominex, Tavist, Theraflu, Triaminic, Twilite, Tylenol PM, Unisom Sleep Gels, Valu-Dryl
Dimenhydrinate	Dramamine
Hydroxyzine	Atarax, Rezone, Vistaril
Ketotifen	Zatiden
Meclizine HCl	Antivert, Bonine
Methdilazine	Tacaryl
Phenindamine	Nolahist
Promethazine	Chlorpromazine, Phenergan, Promethazine, Prorex 25 & 50, Thorazine
Prylamine	Nisaval
Trimaparazine	Tremaril
Tripelennamine	PBZ & PBZ-SR
Triprolidine	Myidyl, Zymine

**Antihistamines - Second Generation STOP MEDICATION BELOW 7 days prior to testing**

Generic Name	Brand Names
Astemizole	Hismanal
Cetirizine	Zyrtec
Desloratidine	Clarinox
Fexofenadine	Allegra
Loratadine	Alavert, Claritin
Levocetirizine dihydrochloride	Xyzal
Metquitazine	Primalan, Quintadrill
Mizolastine	
Terfenadine	Seldane

**Antihistamine Eye Drops STOP MEDICATION BELOW 1 day prior to testing**

Generic Name	Brand Names
Olopatadine	Patanase, Pataday and Patanol Ophthalmic eye drops
Azelastine	Optivar Ophthalmic eye drops
Terfenadine	Seldane

<b>Antihistamine Nasal Spray</b>	<b>STOP MEDICATION BELOW 1 day prior to testing</b>
Azelastine	Astelin, Astepro, Optivar Ophthalmic eye drops, Dymista

**Tricyclic Antidepressants STOP MEDICATION BELOW 14 days prior to testing**

Generic Name	Brand Names
Amitriptyline	Elavil, Endep, Etrafon, Limbitrol, Vanatrip
Amoxampine	Asendin
Clomipramine	Anafranil
Despiramine	Norpramin
Doxepin	Adapin, Sinequan
Imipramine	Tofranil
Nortriptyline	Doxepin, Adapin, Sinequan
Imipramine	Tofranil
Nortriptyline	Aventyl, Pamelor
Protriptyline	Vivactil
Trimipramine	Surmontil

**H2 Blockers STOP MEDICATION BELOW 2 days prior to testing**

Generic Name	Brand Names
Cimetidine	Tagamet
Famotidine	Pepcid
Ranitidine	Zantac

**Immunomodulators STOP MEDICATION BELOW 6 months prior to testing**

Generic Name	Brand Names
Omalizumab	Xolair

**Topical Corticosteroids STOP MEDICATION BELOW 21 days prior to testing**

Generic Name	Brand Names
Aclometasone	Aclovate
Amcinonide	Cyclocort
Betamethasone	Diprolene, Betanate, Beta-Val
Clobetasol	Clobex, Olux, Temovate
Desonide	Desonate, Desowen, Lokara
Desoximetasone	Topicort
Diflorasone	Apexicon
Fluocinolone	Synalara
Fluocinonide	Cutivate
Halcinonide	Halog
Halbetasol	Ultravate
Hydrocortisone	Locoid, Panel, Westcor
Mometasone	Elecon
Triamcinolone	Cinalog, Kenalog, Triderm

**Benzodiazepines: STOP MEDICATION BELOW 7 days prior to testing**

Generic Name	Brand Names
Clonazepam	Klonopin
Diazepam	Valium
Lorazepam	Ativan
Midazolam	Versed
Alprazolam	Xanax

**Atypical Antidepressants/Sedatives: STOP MEDICATION BELOW 14 days prior to testing**

Generic Name	Brand Names
Bupropion	Wellbutrin
Eszopiclone	Lunesta
Mirtazapine	Remeron
Quetiapine	Seroquel
Trazodone	Olepto

**Other Medications: STOP MEDICATION BELOW 5 days prior to testing**

Generic Name	Brand Names
Amitriptyline	Elavil, Endep, Etrafon, Limbitrol, Vanatrip
Amoxampine	Asendin
Clomipramine	Anaframil
Desipramine	Norpramin
Doxepin	Adapin, Sinequan (8 days), Zonalon (+topical) (14 days)
Theophylline	Theo-Dur, Respbid, Slo-Bid, Theo-24, Theolair, Uniphyll, Slo-Phyllin
Vitamins A,C,D and E	In doses >1000u

**Herbal Supplements: STOP MEDICATION BELOW 7 days prior to testing**

DECREASE test results	INCREASE test results
Licorice	Milk Thistle
Green Tea	Astragalus
Saw Palmetto	
St. John's Wort	
Feverfew	