

### Allergy Skin Testing Instructions

#### Medications

- Persons scheduled for skin testing should not take antihistamines or medications containing antihistamines for at least 5 days prior to being tested. Antihistamines are often found in cold or allergy medicines. You may continue decongestants, mucous thinners, and **most** nasal sprays. If you are not sure please ask your **pharmacist**.
- **DO NOT Stop Taking Asthma Medications, Inhalers or Drugs For All Other Medical Conditions.**
- **DO NOT Stop Taking Any of the Medications Given To Treat Hives or Rashes.**

Listed below are *some* common antihistamines. Please check the ingredients on the package or ask your pharmacist. Items in lower case are generic drug names.

Actifed	CoTylenol	PBZ
Advil PM	Cyproheptadine	Pepcid
Aleve PM	Desloratadine	Periactin
Allegra, Allegra D	Dimetane	Pyrilamine
Allerx	Dimetapp	Ranitidine
Astelin nasal spray	Diphenhydramine	Rondec
Astepro nasal spray	Doxepin	Ryaltris
Atarax	Doxylamine (generic)	Semprex D
Atrohist	Dristan	Tavist, Tavist D
Azatadine	Dymista	Teldrin
Azelastine	Famotidine	Trinalin
Benadryl	Fexofenadine	Tripelennamine
Bromphed	Hydroxyzine	Triprolidine
Brompheniramine	Levocetirizine	Tylenol PM
Carbinoxamine	Loratadine, loratadine D	Unidecon
Cetirizine, cetirizine D	Melatonin	Unisom (Brand)
Chlorpheniramine	Midol (pyrilamine)	Vistaril
ChlorTrimeton	Nolamine	Xyzal
Clarinet, Clarinet D	Nyquil	Zantac
Claritin, Claritin D	Optimine	Zyrtec, Zyrtec D
Clemastine	Pamprin (pyrilamine)	ZzzQuil
Coricidin	Patanase nasal spray	

- **Please have your normal meal or snack prior to testing.**
- **Wear short sleeves on the day of the testing.**
- **Do not place lotion on your body the day of the testing.**
- **Plan on being in the office for 2 hours.**
- **Patients under 18 years of age must be accompanied by a parent/legal guardian.**
- **Siblings being seen on the same day must be accompanied by a parent/legal guardian and another adult. Each sibling being tested must have an adult with them and the adult CAN NOT be scheduled for testing at the same time.**
- **If you have any questions please call the medical message line at 410-760-8840 ext. 5245.**