

PATIENT INSTRUCTIONS
ALLERGY TESTING

You have been scheduled for an allergy survey. Certain medications will interfere with the body's ability to react to antigens. PLEASE **DO NOT** TAKE ANY OF THE FOLLOWING MEDICATIONS FOR **1 WEEK PRIOR TO YOUR APPOINTMENT**.

- Antihistamines (prescription and over-the-counter) including most cough medications
- Anti-dizziness pills (Antiver, Meclizine, Dramamine, etc.)
- Some antidepressants (Elavil, Amitriptyline, etc.)

Nasal inhalers and most decongestants are ok to use. Always check with your doctor before using them. (**DO NOT USE ASTELIN.**)

Patients taking certain medications classified as Beta-Blockers, (generally prescribed for high blood pressure, heart problems, glaucoma, migraine headaches, etc.) cannot be tested. If you are taking prescription medications from any other physician and are unsure if any of them are Beta-Blockers, antihistamines, or medicines that contain antihistamines, please check with your pharmacist. If you discover that you are on a Beta-Blocker or any of the above mentioned medications, please notify our office at (713) 795 – 0111.

The allergy testing requires about 1-1/2 hours for adults and 30 minutes for children. The more sensitive an individual is to the allergens the longer the test may take. Please wear a short sleeve shirt or blouse. The test is administered on the upper arm. Tiny amounts of allergens are injected just beneath the skin surface forming tiny "bumps" (wheals). If you are allergic these bumps will swell to a larger size. Following the completion of your test, the doctor will give you the results.

AFTER CARE INSTRUCTIONS

The area from allergy testing may be swollen between 1 to 2 weeks. It is normal to have slight itching, redness, and swelling after the allergy test is completed. Following these simple instructions below, will minimize the time frame of your symptoms and get you back to your normal self again.

*Apply Benadryl cream/ Hydrocortisone cream to the tested area:
Cleanse area with soap and water, apply as needed

*May take over the counter antihistamines:
Zyrtec/ Benadryl/ Claritin/ Allegra. Use as directed

*Apply ice pack to area, if swelling lasts longer than 24 hours or is painful/ sensitive to touch:
Ice pack- apply for 5-10 minutes every 2-4 hours. Use as needed

If your symptoms increase or worsen, call our office at 713-795-0111.

PATIENT INSTRUCTIONS
MEDICATIONS TO AVOID PRIOR TO ALLERGY TESTING

You are being scheduled for Allergy Testing. Please wear a short sleeve shirt or blouse because the test will include a series of allergen injections just beneath the skin of the upper arm. Tiny “bumps” or wheals will form at the site of the injections. If you are allergic to the allergen, these bumps will swell to a larger size. The more sensitive an individual is to the allergens, the longer the testing will take. Once the allergist has completed the testing, your doctor will review the results with you. Please be aware that some medications interfere with the body’s ability to react to antigens.

In order to obtain the most accurate results from your Allergy Testing, do not take the following medications **at least five days prior** to testing:

ANTIHISTAMINES (STOP TAKING 5 DAYS PRIOR TO TESTING):

Allegra/Allegra D	Dramamine	Tagamet	Xyzal
Antivert	Meclizine	Tylenol PM	Zantac
Benadryl (<i>Diphenhydramine HCl</i>)	Pepcid	Vicks NyQuil	Zyrtec
Claritin			

ANTIDEPRESSANTS (STOP TAKING 5 DAYS PRIOR TO TESTING):

Adapin® (<i>Doxepin</i>)	Endep® (<i>Amitriptyline</i>)	Pertofrane® (<i>Desipramine</i>)
Anaframil® (<i>Clomipramine</i>)	Etrafon (<i>Amitriptyline</i>)	Sinequan® (<i>Doxepin</i>)
Asendin (<i>Amoxampine</i>)	Limbitrol (<i>Amitriptyline</i>)	Surmontil® (<i>Trimipramine</i>)
Aventyl Hydrochloride (<i>Nortriptyline</i>)	Ludiomil® (<i>Maprotiline</i>)	Tofranil® (<i>Imipramine</i>)
Cymbalta (<i>Duloxetine</i>)	Norpramin® (<i>Desipramine</i>)	Vanatrip (<i>Amitriptyline</i>)
Effexor	Pamelor® (<i>Nortriptyline</i>)	Vivactil® (<i>Protriptyline</i>)
Elavil® (<i>Amitriptyline</i>)	Paxil	Zonalon (<i>Doxepin</i>)

OPHTHALMIC PRODUCTS (STOP TAKING 5 DAYS PRIOR TO TESTING):

Cosopt® (<i>Dorzolamide HCL</i>)	Levobetaxolol (<i>Betaxon</i>)	Timolol® (<i>Dorzolamide HCL</i>)
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NASAL ANTIHISTAMINE (STOP TAKING 5 DAYS PRIOR TO TESTING):

Astelin	Patanase	Dymista
Astepro		

NOTIFY THE DOCTOR OR NURSE IF YOU ARE TAKING ANY BETA BLOCKING AGENTS:

Aminophylline	Pindolol (<i>Visken</i> ®)
Acebutolol (<i>Sectral</i> ®, <i>Monitan</i>)	Carvedilol (<i>Coreg</i> ®, <i>Coreg CR</i> ®)
Atenolol (<i>Tenormin</i> ®, <i>Tenoric</i> , <i>Tenoretic</i>)	Labetalol (<i>Trandate</i> ®/ <i>Normodyne</i> / <i>Normozide</i>)
Betaloc	Trandate (Labetalol)
Betaxolol (<i>Kerlone</i> ®, <i>Betoptic</i> ®)	Levobunolol (<i>Betagan</i> ®)
Bisoprolol (<i>Zebeta</i> ®, <i>Ziac</i>)	Metipranolol (<i>OptiPranolol</i> ®)
Esmolol (<i>Brevibloc</i> ®)	Nadolol (<i>Corgard</i> ®)
Nadolol (<i>Corzide</i>)	Propranolol- (<i>Inderal</i> ®, <i>Inderal LA</i> ®, <i>InnoPran XL</i> ®, <i>Inderide</i>)
Nebivolol (<i>Bystolic</i> ®)	Sotalol (<i>Betapace</i> ®, <i>Sorine</i> ®)
Metoprolol (<i>Lopressor</i> ®, <i>Toprol-XL</i> ®)	Theophylline
Carteolol (<i>Ocupress</i> ®) Cartrol Filmtab Tablets	Timolol (<i>Betimol</i> ®, <i>Blocadren</i> ®, <i>Istalol</i> ®, <i>Timoptic</i> ®, <i>Ocumer</i> , <i>Timolide</i>)
Penbutolol (<i>Levatol</i> ®)	Xalatan (<i>latanoprost</i>)

MEDICATIONS ALLOWED PRIOR TO ALLERGY TESTING

MEDICATIONS OKAY TO CONTINUE:

Afrin	Nasonex	Saline Rinses
Flonase (Fluticasone)	Omnaris	Veramist
Nasacort	Q-nasal	Zinc Oxide Sprays

CALCIUM CHANNEL BLOCKERS – OKAY TO CONTINUE:

Adalat & CC (Fedpine)	Isoptin Sr (Verapamil)	Procardia & XL (Nifedipine)
Calan & SR (Verapamil)	Lotrel (Amlodipine)	Sular Tablets (Nisoldipine)
Cardene & SR (Nicardipine)	Nifedical XL (Nifedipine)	Tiazac Capsules (Diltiazem)
Cardizem – CD, SR, XT, XR, XT (Diltiazem)	Nimotop (Nimodipine)	Vascor Tablets (Bepridil)
Covera – HS (Verapamil)	Norvasc (Amlodipine)	Verelan & PM (Verapamil)
Diliacor (Diltiazem)	Plendil (Felodipine)	

ACE INHIBITORS – OKAY TO CONTINUE