



ENT AND FACIAL PLASTIC SURGERY
EDNAN MUSHTAQ, M.D., F.A.C.S
BOARD CERTIFIED

ALLERGY TESTING INSTRUCTIONS

1. Due to the limited space in our allergy testing room, we ask that you come by yourself unless you have medical or translation needs that require you to have someone accompany you.
2. Please wear short sleeves.
3. Be sure to eat breakfast and/or lunch before your appointment- you will be in our office for 1 ½- 2 hours.
4. **NO ANTIHISTAMINES OR ASPIRIN PRODUCTS FOR 7 DAYS PRIOR TO ALLERGY TEST.**
5. If you have any questions, please call our office.

Specializing in:

- ✓ Allergy
- ✓ Facial Cosmetic Surgery
- ✓ Head and Neck Cancer
- ✓ Hearing and Balance Disorders
- ✓ Sinus Disease
- ✓ Sleep Disorders
- ✓ Sleep and Swallowing Disorders
- ✓ Thyroid and Parathyroid Surgery

DRUGS THAT INTERFERE WITH ALLERGY TESTING

THE MOST COMMON ALLERGY MEDICATIONS TO AVOID

Allegra	Claritin	Benadryl	Zyrtec	Clarinetx	AlleRx PE
Allegra-D	Claritin-D	AlleRx	Zyrtec-D	Clarinetx-D	AlleRx DF
Xyzal	Alavert	*OTC ANTIHISTAMINES*			

MAO INHIBITORS. Must be off for **5 days** prior to testing and then be off permanently. Cannot be given adrenaline or it will provoke hypertensive crisis.

Eutonyl (Pargyline)	Matulane (Procarbazine)
Eutron (Pargyline & Methyclothiazine)	Nardil (Phenelzine)
Furoxone (Furazolidone)	Parnate (Tranlylcypromine)

ANTIHISTAMINES/DECONGESTANT PREPARATIONS. Should be off **7 days** prior to allergy testing.

Actifed	Deconamine	Naldecon	PBZ
Advil Cold/Sinus	Dimetane	Nalex	Periactin
Advil PM	Dimetapp	Nisaval	Polaramine
Allegra/Allegra-D	Diphenhydramine	Nolahist	Poly-Histine
Astelin Nasal Spray	Dramamine	Nolamine	Ritalin
Benadryl	Excedrin PM	Novahistine	Robitussin CF
Chlor-Trimeton	Glucosamine/	Omnaris Nasal Spray	Rondee
Chlorpheniramine Maleate	Chondroitin	Optimine	Ru-Tuss
Chondroitin	Isoclor	Optivar Eye Drops	Rynatan
Clarinetx/Clarinetx-D	Kronofed	Pataday	Tavist
Claritin/Claritin-D	Marax	Patanase Nasal Spray	Tavist-D
Comhist	Mydyl	Patanol Eye Drops	Zyrtec/Zyrtec-D

****Please refrain from taking all cold medications, nose drops and spray, cough medications, cough drops and other antihistamines in any form.****

ALLERGY INSTRUCTIONS

H2 ANTAGONISTS/ANTI-NAUSEA MEDICATIONS. Should be off for **5 days** prior to testing.

Tagamet (Cimetidine)	Atarax
Zantac (Ranitidine)	Vistaril
Zatiden (Ketotifen)	Meclazine
Phenergan	Pepcid
STOP ANY LIKE MEDICATIONS	

BETA BLOCKERS- Should be off for **3 weeks** prior to allergy testing and then patient must stay off permanently for immunotherapy treatment.

Diovan	Normodyne (Labetolol HCL)
Betapace (Sotalol)	Normozide (Labetolol & HCTZ)
Blocarden (Timolol Maleate)	Sectral (Acebutolol HCL)
Brevibloc (Esmolol HCL)	Tenoretic (Atenolol & Chlorthalidone)
Cartrol (Carteolol HCL)	Tenormin (Atenolol)
Corgard (Nadolol)	Timolide (Timolol & HCTZ)
Corzide (Nadolol & HCTZ)	Toprol XL (Metoprolol Succinate)
Inderal (Propranolol)	Trandate (Labetolol HCL)\
Inderid (Propranolol & HCTZ)	Visken (Pindolol)
Kerlone (Betaxolol HCL)	Zebeta (Bisoprolol)
Levator (Penbutolol Sulfate)	Ziac (Bisoprolol & HCTZ)
Lopressor (Metoprolol Tartrate)	

TRICYCLIC ANTIDEPRESSANTS- Must be off for **6 weeks** prior to allergy testing and then patient must stay off permanently for immunotherapy treatment.

****The patient must be weaned off by the prescribing doctor and substitute another drug if desired. Patient must do this under doctor's supervision or severe depression could result from stopping medication abruptly.****

Adapin (Doxepin HCL)	Meravil (Amitriptyline)
Apo – Trimip (Trimipramine Maleate)	Pamelor (Nortriptyline)
Asendin (Arnoxapine)	Rolavil (Amitriptyline)
Aventyl (Nortriptyline HCL)	Sinequan (Doxepin)
Elavil (Amitriptyline)	Surmontil (Trimipramine Maleate)
Endep (Amitriptyline)	Trofamil PM (Imipramine HCL)
Emitrip (Amitriptyline)	Trazadone (Desyrel)
Endlil (Amitriptyline)	Triadapin (Doxepin HCL)
Etrafon (Combination Drug)	Trialic (Combination Drug)
Impril (Imipramine HCL)	Tripramine (Imipramine HCL)
Levate (Amitriptyline)	Triptil (Protriptyline HCL)
Limbitrol (Combination Drug)	Vivactil (Protriptyline HCL)



ANTI-INFLAMMATORY DRUGS- Must be off for **7 days** prior to allergy testing.

Aspirin	Celebrex
Motrin	Aleve
Flexeril	Exedrin (PM/Cold & Sinus)
Ibuprofen Medications	Advil
Vioxx	Naprosyn (Naproxen)
Alka-Seltzer	Cold meds
Meloxicam (Mobic)	Cough Drops
Vitamins (all kinds)	Tylenol for Arthritis

Patients are only allowed to take PLAIN TYLENOL

ANY QUESTIONS REGARDING YOUR MEDICATIONS, PLEASE CALL THE ALLERGY NURSE AT 703-448-0005.

