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. No exercise 3 hours before the test and no exercise 24 hours after
4. Be sure to eat breakfast and/ or lunch before your appointment-you will be in our office for 1 ½ -2 hours.
5. **We recommend that you contact your insurance company regarding this procedure. The allergy testing code is 95024**. **If you have a deductible, please make sure that you ask your insurance company what your responsibility will be if you receive 40 injections**
6. HMO- If you require a referral for allergy testing, please contact your primary care physician to obtain a referral with the following codes:

Allergy test: 95024

Allergy Serum: 95165

Allergy Shot: 95117

Please ask for 99 visits

**Please note deductibles and co-insurance will be collected at the time of allergy testing.**

**Appointment Date: \_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Time: \_\_\_\_\_\_**

WHY DO I NEED TO STOP SOME MEDICATIONS BEFORE AN ALLERGY TEST?

When you are allergic to a substance, your body releases certain chemicals such as histamine. When these chemicals are released in the skin during a test, we see a small bump in the skin that is often surrounded by redness. Certain medications can decrease this response and cause allergy testing to look negative even if you do have allergies.

Other medications can be dangerous to take if you are having an allergy test. Some medications can increase your chance of a life-threatening reaction to an allergy test or make treating a severe reaction more difficult.

You only need to consider stopping medications if you are going to have a skin test for allergies. If your allergy test will be done with a blood draw from the vein no medications need to be stopped.

It is important to review your list of medications with your ENT allergist to ensure the most accurate and safe outcome when you have your test.

!!!!!DO NOT STOP ASTHMA MEDICATIONS OR INHALERS!!!!!

It is critical to discuss stopping any medication for your heart, blood pressure, depression, anxiety, sleep, or any medication that is required to maintain your current state of health with your ENT allergist and the physician who prescribed it to you. DO NOT stop these medications without discussing the risks first.

It is important to continue all inhalers for asthma as uncontrolled asthma can increase the risk of testing.

These are not firm time frames. Some doctors will tell you to stop these medications for a different length of time depending on their practice and experience.

This list does NOT include every important medication. Please discuss your medication list with your allergist. If you have questions about specific medications, please do not hesitate to call to ensure accuracy and safety of the test.

**TOPICAL CORTICOSTEROIDS-** Interfere with allergy testing and need to be discontinued **21 days** prior allergy testing.

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| --- |
| aclometasone (Aclovate)  betamethasone (Diprolene, Betanate, Beta-Val)  amcinonide (Cyclocort) clobetasol (Clobex, Olux, Temovate)  desonide (Desonate, Desowen, Lokara, Vereso)  desoximetasone (Topicort)diflorasone (Apexicon)  fluocinolone (Synalar) fluocinonide (Vanos, Lidex)  flurandrenolide (Cordran) fluticasone (Cutivate)  halcinonide (Halog)halobetasol (Ultravate)  hydrocortisone (Locoid, Pandel, Westcort)  mometasone (Elocon) triamcinolone (Cinalog, Kenalog, Triderm) |

**TRYCYCLIC ANTIDEPRESSANTS- *Must be off for 14 days prior to allergy testing and then patient must stay off permanently for immunotherapy treatment. Please note\* Patient must be weaned off by the prescribing doctor and substitute another drug if desired. Patient must do this under doctor’s supervision***

|  |
| --- |
| amitriptyline (Elavil, Endep, Etrafon      Limbitrol, Vanatrip)  amoxampine (Asendin) clomipramine (Anafranil)  desipramine (Norpramin) doxepin (Adapin,Sinequan)  imipramine (Tofranil) nortriptyline (Aventyl, Pamelor) protriptyline (Vivactil) trimipramine (Surmontil) |

**ATYPICAL ANTIDEPRESSANTS AND SEDATIVES-** Must be off **14 days** prior allergy testing

|  |
| --- |
| bupropion (Wellbutrin) eszopiclone (Lunesta) mirtazapine (Remeron)  quetiapine (Seroquel) trazadone (Oleptro) zolpidem (Ambien) |

**SECOND AND THIRD GENERATION ANTIHISTAMINES-** Must be off **7 days** prior allergy testing

|  |
| --- |
| cetirizine (Zyrtec) desloratadine (Clarinex) fexofenadine (Allegra)  levocetirizine (Xyzal) loratadine (Claritin, Alavert) |

**FIRST GENERATION ANTIHISTAMINES-** Must be off **5 days** prior allergy testing

|  |
| --- |
| azatadine (Optimine) brompheniramine (Bromax, Lodrane)  carbinoxamine (Histex, Karbinal, Palgic, Pediatex)  chlorpheniramine (Aller-Chlor, Chlor-Trimeton)  clemastine (Allerhist, Contact, Tavist)  cyproheptadine (Periactin) dexchlorpheniramine (Polarmine)  diphenhydramine (Benadryl, many other cold and allergy pills) dimenhydrinate (Dramamine) hydroxyzine (Atarax, Rezine, Vistaril)  ketotifen (Zatiden) meclizine (Antivert, Bonine)  methdilazine (Tacaryl) phenindamine (Nolahist)  promethazine (Chlorpromazine, Phenergan, Promethazine)  pyrilamine (Nisaval) trimaparazine (Tremaril)  tripelennamine (PBZ) triprolidine (Myidyl, Tripohist, Zymine) |

**BENZODIAZEPINE MEDICATIONS-** Must be off for **7 days** prior allergy testing

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| --- |
| alprazolam (Xanax) clonazepam (Klonopin) diazepam (Valium) lorazepam (Ativan) midazolam (Versed) |

**BETA BLOCKERS (PILLS AND EYE DROPS-**Should be off for **5 days** prior to allergy testing and then patient must be off permanently for immunotherapy treatment.

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| --- |
| Acebutolol (Sectral) Atenolol (Tenoretic, Tenormin)  Betaxolol (Betoptic, Kerlone) Bisoprolol (Zebeta, Ziac)  Carteolol (Cartrol, Ocupress) Carvedilol (Coreg)  Esmolol (Brevibloc) Labetalol (Normdyne, Trandate)  Levobunolol (AK-Beta, Betagan) Levobetaxolol (Betaxon)  Metipranolol (OptiPranolol) Metoprolol (Lopressor)  Nadolol (Corgard, Corzide) Penbutolol (Levatol)  Pindolol (Visken) Propranolol (Inderal,  Inderide) Sotalol (Betapace, Sorine)  Timolol (Betimol, Blocarden, Ocumeter, Timolide, Cosopt, Occudose, Timoptic) |

**H2 BLOCKERS-** Should be off **2 days** prior allergy testing

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| --- |
| Tagamet (cimetidine) Zantac (ranitidine)  Pepcid AC (famotidine) |

**ANTIHISTAMINE NASAL SPRAYS**-Should be stop **1-day** prior allergy testing

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| --- |
| azelastine (Astelin, Astepro, Patanase, Dymista) |

**ANTIHISTAMINE EYE DROPS**-Should be stop **1-day** prior allergy testing

|  |
| --- |
| azelastine (Optivar) olopatadine (Patanase, Pataday, Patanol) |

**IMMUNOMODULATORS**-Should be stop **6-months** prior allergy testing

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| omalizumab (Xolair) others are unknown discuss with doctor |

**ANTI-INFLAMATOY DRUGS-** Must be off **4 days** prior allergy testing

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| --- |
| Aspirin motrin Flexeri Vioxx Meloxicam ibuprofen Exedrin Naproxen Aleve advil alka-seltzer exedrin PM  Cold medications, cough Drops, all vitamins, and Herbal products.  Long term or relatively high doses of oral corticosteroids, i.e., greater than 20 mg of prednisone per day |

**WHAT MEDICATIONS CAN I CONTINUE DURING ALLERGY TESTING?**

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| **Angiotensin-Converting Enzyme (ACE) Inhibitors-**  benazepril  captopril  enalapril  lisinopril  perindopril  quinapril  ramipril  **Immunosuppressants**- cyclosporin  **Nasal Steroid Spray**-beclomethasone budesonide ciclesonide  Fluticasone mometasone triamcinolone  **Decongestant, Decongestant Sprays, Expectorants**  Guaifenesinoxy metazoline  phenylephrine pseudoephedrine  **Leukotriene modifiers-** Montelukast pranlukast zafirlukast tzileuton  **Serotonin & Norepinephrine Reuptake Inhibitors (SNRIs)**  Atomoxetine desvenlafaxine duloxetine  levomil nacipranmil Nacriprant ramadol venlafaxine  **Proton Pump Inhibitors (PPIs)-**Dexlansoprazole esomeprazole  lansoprazole  omeprazole  Pantoprazole rabeprazole  **Selective Serotonin Reuptake Inhibitor (SSRIs)-** citalopram  escitalopram  fluoxetine  fluvoxamine paroxetine sertraline  volazodone  Birth Control Pills Tylenol (Acetaminophen) Diuretics |

By Crosby, D. MD, FAAOA. Medication to Stop Before Allergy Testing. February 21,2021 from the American Academy Otalaryngic allergy. Aaoallergy.org