

Premier Pulmonary Critical Care and Sleep Medicine

5012 S U.S Hwy 75 Suite 200, **Denison**, TX 75020

3094 Laura Lane, Suite 100, **McKinney**, TX 75070

3100 Midway Road Suite 168, **Plano**, TX 75093

Phone: 903-465-5012 Fax: 866-307-7513

Instructions for Skin Allergy Testing

Medications to Avoid:

- No prescription or over the counter oral antihistamines should be used **4 to 5 days PRIOR to the scheduled skin testing.**
- These include cold tablets, sinus tablets, hay fever medications, or treatments for itchy skin, over the counter allergy medications such as: **Claritin, Zyrtec, Allegra, Actifed, Dimetapp, Benadryl**, and many others.
- Prescription antihistamines such as **Montelukast, Zafirlukast, Clarinex, and Xyzal**, should also be stopped at least **5 days prior to testing.** If you have any questions whether or not you are using an antihistamine, please ask the nurse or the provider.
- Over the counter sleeping medications (e.g. Tylenol PM) and prescription sleep aids such as **Trazodone or Doxepin** also contain active ingredients that interfere with histamine and **these should NOT be taken within 3 days of your scheduled skin test.**
- You should discontinue your nasal and eye antihistamine medications, such as **Flonase, Rhinocort, Nasonex, Nasacort, Omnaris, Veramyst, Nasarel, Patanase, Patady, Astepro, Optivar, or Astelin** at least **2 days before the testing.**
- Hold all **Beta Blocker** medications (prescription meds ending in “lol”, e.g. Metoprolol) at least **24 hours before skin test.**

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Medications to Continue:

- Asthma inhalers (**inhaled steroids and bronchodilators**) and oral theophylline such as **Theo-Dur, T-Phyl, Uniphyl, Theo-24**, do not interfere with skin testing and should be used as prescribed.
- Most drugs do not interfere with skin testing but make sure that the skin allergy tech and physician know about every drug that you are taking. (Please bring a list if necessary).

***** Please bring an Epi-Pen *****



Thank you,
Premier Pulmonary Staff