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Allergy Testing Instructions

You have scheduled an appointment for allergy testing in our office. Please read the following instructions prior to your appointment. After the appointment you can commence taking your medications. Your appointment will take approximately 30 minutes to 1 hour.

- Do not use any antihistamines or H2 blockers **3** days prior to your appointment such as the following:

Benadryl, Diphenhydramine, Claritin, Clarinex, Loratadine, Zyrtec, Cetirizine, Allegra, Fexofenadine, Atarax, Hydroxyzine, Xyzal, Astelin, Astepro, Alavert, Tagamet, Pepcid, Axid, and Zanta.

- No lotions are to be used the day of the appointment, specifically on your back
- We will not do an allergy skin test if you are pregnant or taking a beta-blocker medication. However, in that case a blood test is available to detect allergies
- Please check with your insurance if you have a high deductible plan to verify what your cost will be

Thank you and we look forward to seeing you.