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INSTRUCTIONS FOR YOUR NEXT ALLERGY SKIN TESTING

- For your next appointment, you **must stop all oral antihistamines for 72 hours** prior to allergy skin testing. This includes (but not restricted) to:

✓ Claritin (Alavert & Loratadine)
✓ Allegra (Fexofenadine)
✓ Zyrtec (Cetirizine)
✓ Atarax (Hydroxyzine HCl)
✓ Xyzal (Levocetirizine)
✓ Chlortrimeton
✓ Tylenol PM
✓ Benadryl (Diphenhydramine) & Topical Benadryl
✓ All OTC cold & sleep medications

- **Clarinex** (not Claritin) must be stopped 1 week prior to allergy testing.
- **Regular Sudafed** does not need to be stopped.
- All other meds such as **Singulair, Nasal Sprays, Eye drops, and Asthma inhalers** should not be stopped before skin testing.
- Please allow yourself enough time for this visit (About 90 – 120 minutes).

If you have any questions about your upcoming appointment, please feel free to contact the office at (212) 288-2278