



# Allergy and Asthma Clinic of Central Texas

## Allergy Skin Testing Prep Sheet

Allergy skin testing is one of the main diagnostic tools of an Allergist/Immunologist. Environmental allergies can manifest in many ways, with symptoms including congestion, runny nose, sore throat, tearing, and sinus pain or pressure. Food allergies may cause upset stomach, vomiting, diarrhea, eczema, asthma, hives and itching or swelling of mouth or throat.

Allergies can greatly contribute to other diseases and illnesses as well. Allergies are associated with health issues such as asthma, eczema, sleep problems, depression, ADHD, migraine headaches, irritable bowel, and hypertension.

Skin testing provides the allergist with a very specific and sensitive test to diagnose which airborne allergens are involved in your symptoms. Our allergists are testing you for a variety of pollens and environmental allergens specific for this region of Texas. These tested allergens will include trees, grasses, weeds, molds, dust mites, cat, dog and cockroach. Food testing may also be done for various fruits, vegetables, nuts, meats, spices and grains.

There are two procedures performed during a skin test. The first procedure is a prick test where a prick device with a small amount of allergen extract is used to prick the skin on your back. The second procedure, called an intradermal, is performed on your arms. An intradermal is an injection with a small amount of allergen directly beneath the skin, and is usually done if you test negative to an allergen on the prick test. Each procedure takes approximately 30 minutes.

### Medication Instructions for Allergy Skin Testing

#### **DO NOT STOP TAKING YOUR ASTHMA MEDICATION!**

To ensure your test results are accurate it is important that you discontinue certain medications before testing.

**Antihistamines** will result in false negative test results and should be avoided prior to testing. Listed below are medications to avoid (left column), medications which may be taken (right column), with generic names followed by brand names. The brand names listed are the most common forms available, but this is not an all-inclusive list.

<b>Oral antihistamines</b> to avoid <b>5 days</b> prior to testing	<b>Oral medications</b> without antihistamine which may be taken
Acrivastine (Semprex-D) Brompheniramine (in combination products) Carbinoxamine (Palgic, Dimetapp, Rondec) Cetirizine (Zyrtec, Wal-Zyr, many other generics) Chlorpheniramine (Chlor-Trimetron, many combo meds) Clemastine (Tavist) Desloratadine (Clarinex) Diphenhydramine (Benadryl, Nyquil, ZzzQuil, sleep aids, many combo meds, may end in -PM) Fexofenadine (Allegra) Levocetirizine (Xyzal) Loratadine (Alavert, Claritin)	Antibiotics Dextromethorphan (Delsym) Guaifenesin (Mucinex) Phenylephrine (Sudafed-PE) Pseudoephedrine (Sudafed) Montelukast (Singulair) Advil Tylenol Aleve Prednisone
Hydroxyzine (Atarax, Vistaril) *Avoid for 10 days Cyproheptadine (Periactin) *prior to testing	Many cough syrups and combo medications for allergies may contain one of the following medications <b>and should be avoided for 5 days</b> (may say -PM, Night time) Brompheniramine, Chlorpheniramine, Dexbrompheniramine, Dexchlorpheniramine, Diphenhydramine, Doxylamine, Pheniramine Motion sickness pills that contain: Meclizine, Cyclizine Nausea pills containing: Promethazine (Phenergan)

<b>Eye drops</b> to avoid <b>3 days</b> prior to testing	<b>Eye drops</b> which may be used
Alcaftadine (Lastacaft) Azelastine (Optivar) Bepotastine (Bepreve) Emeclastine (Emadine) Epinastine (Elestat) Ketotifen (Alaway, Zaditor, Claritin Eye, etc) Olopatadine (Pataday, Patanol, Pazeo) Pheniramine (Opcon-A, Naphcon-A, Visine-A)	Regular Visine Artificial Tears Steroid drops (Alrex, Lotemax, Pred-Forte) Lubricating drops (Systane) Cyclosporine (Restasis)



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**Medication Instructions for Allergy Skin Testing**

Nasal sprays to avoid <b>3 days</b> prior to testing	Nasal sprays which may be used	
Azelastine (Astelin, Astepro, Dymista) Olopatadine (Patanase)	Beclomethasone (Qnasl) Budesonide (Rhinocort) Ciclesonide (Omnaris, Zetonna) Cromolyn Sodium (Nasal crom) Flunisolide (Nasarel) Fluticasone (Flonase, Veramyst)	Triamcinolone (Nasacort) Mometasone (Nasonex) Oxymetazoline (Afrin) Ipratropium Bromide (Atrovent)

Stomach/Reflux medicine to avoid <b>1 day</b> prior to testing	Reflux medications which may be used
Cimetidine (Tagamet) Famotidine (Pepcid) Ranitidine (Zantac) Nizatidine (Axid)  Stop high dose Vitamin C (>500 mg) 5 days prior to testing	Dexlansoprazole (Dexilant, Kapidex) Esomeprazole (Nexium) Lansoprazole (Prevacid) Omeprazole (Prilosec, Zegerid) Pantoprazole (Protonix) Rabeprazole (Aciphex)

**Tricyclic antidepressants and atypical antipsychotics** have long lasting antihistamine activity and should be stopped **14 days** prior to testing. However, **DO NOT STOP THIS MEDICATION** without first consulting the physician who prescribed them. **Benzodiazepines** also have antihistamine activity and should be avoided for 7 days prior to testing.

Tricyclic antidepressants to stop <b>14 days</b> prior to testing	Other antidepressants which may be taken
Amitriptyline (Elavil, Tryptanol) Amoxapine (Asendin, Moxadil) Clomipramine (Anaframil) Desimpramine (Norpramin) Doxepin (Adapin, Sinequan, Zonalon) Imipramine (Tofranil, Deprenil) Nortriptyline (Pamelor, Sensoval) Protritypyline (Vivactil) Trimapramine (Surmontil)	SSRI's Citalopram (Celexa), Escitalopram (Lexapro) Fluoxetine (Prozac), Olanzapine (Symbyax) Paroxetine (Paxil), Sertraline (Zoloft) SNRI's Duloxetine (Cymbalta), Desvenlafaxine (Pristiq) Venlafaxine (Effexor)  Bupropion (Wellbutrin)
Benzodiazepines to avoid <b>7 days</b> prior to testing	Atypical antidepressants/sedatives to stop <b>14 days</b> prior to testing (Consult physician first)
Clonazepam (Klonopin) Diazepam (Valium, Diastat) Lorazepam (Ativan) Midazolam (Versed)	Mirtazepine (remeron) Quetiapine (Seroquel)

**You will not be tested or started on allergy shots if you are on a non-selective β-blocker** (Generic brands end in -lol). If you were to have an allergic reaction, it may be worsened by this type of drug. We require you to switch to a cardio-selective β-blocker before testing or shots. Please discuss this with your primary care provider or cardiologist.

Non-selective β-blocker (should be changed)	Cardio-selective β-blocker (OK to take)
Carvedilol (Coreg) Labetalol (Trandate) Nadolol (Corgard) Penbutolol (Levatol) Propranolol (Inderal, Inderide, Hemangeol) Sotalol (Betapace, Sorine, Sotylize) Timolol (Blocadren, Timol)	Atenolol (Tenormin) Betaxolol (Kerlone) Bisoprolol (Zebeta, Monacor) Esmolol (Brevibloc) Metoprolol (Toprol, Lopressor) Nebivolol (Bystolic)

If you have any questions about other medications, please call our office for guidance. Do not stop medications prescribed by other providers (for blood pressure, thyroid, diabetes, birth control, etc.).

**DO NOT STOP TAKING YOUR ASTHMA MEDICATION!**