

**ENT Associates at GBMC**

Allergy Testing Instructions

* Patients should avoid taking oral, intranasal and ocular antihistamines and antihistamine containing medications **for 7 days prior** to scheduled appointment date.

 **Antihistamines:**

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| * Allegra (Fexofenadine)
 | * Optivar (Azelastine)
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| * Alaway/Zaditor (Ketotifen)
 | * Patanase (Olopatadine)
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| * Astelin/Astepro (Azelastine)
 | * Patanol/Pataday/Pazeo (Olpatadine)
 |
| * Claritin (Loratadine)
 | * Xyzal (Levocetirizine)
 |
| * Clarinex (Desloratadine)
 | * Zyrtec (Cetirizine)
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| * Dymista (Fluticasone/Azelastine)
 |  |

**Antihistamine containing medications:**

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| * Advil PM
 | * Opcon-A
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| * Naphcon-A
 | * Tylenol PM
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| * NyQuil
 | * Visine-A
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* If symptoms are severe, Benadryl (Diphenhydramine) can be taken up to **72 hours prior** to the scheduled appointment date.

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* **No need to stop** intranasal steroid medications such as:

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| * Flonase (Fluticasone)
 | * Nasonex (Mometasone)
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| * Nasacort (Triamcinolone)
 | * Rhinocort (Budesonide)
 |
| * Nasarel (Flunisolide)
 | * Qnasl (Beclomethasone)
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* **No need to stop** leukotriene receptor antagonists such as:

|  |  |
| --- | --- |
| * Singulair (Montelukast)
 | * Zyflo (Zileuton)
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* **Do not stop** asthma inhalersprior to skin testing appointment
* Other medications such as amitriptyline, imipramine, doxepin and quetiapine can also affect skin test but patients **should not stop** these medications before allergy testing unless instructed by physician.

***If you have any questions regarding the instructions above, please contact the office at 410-821-5151.***