

## PREPARATION FOR ALLERGY TESTING

Your child's doctor has ordered allergy testing. Our office will contact you to schedule your child's appointment for testing. At that time your insurance benefits will be reviewed, and we will inform you when your child will need to discontinue certain medications. Our testing panel includes the most common inhalant allergens for our region. Sometimes we also perform food testing.

### DON'TS

- Do **not** take Claritin, Clarinex, Zyrtec, Xyzal, or Allegra for **7 days prior** to the allergy test.
- Do **not** take over the counter antihistamines (Benadryl, cold & sinus medications, sleep aids like Tylenol PM) 7 days before the test.
- Do **not** take medications such as; Pepcid, or Zantac **1 day prior** to testing, as these contain antihistamine.
- Do **not** take a **tricyclic antidepressant medication**. Please inform the allergy nurse if you do. These medications must be stopped 3 weeks prior to the allergy test with the permission of the prescribing physician. (Not all antidepressant medications are tricyclic).
- **Do not take a beta-blocker medication.** Please inform the allergy nurse if your child takes a beta-blocker medication. Beta-blockers are types of medications used for the treatment of hemangiomas, high blood pressure, migraine headaches, heart problems, performance anxiety or glaucoma (eye drops).
- Do **not** wear cologne, scented body lotion or hair spray. Deodorant is acceptable.

**TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST RESULTS, OR MAKE TESTING DANGEROUS! IF YOU ARE UNSURE ABOUT A MEDICATION YOUR CHILD IS TAKING, PLEASE ASK PRIOR TO YOUR APPOINTMENT.**

### DO'S

- Your child may continue to use steroid nasal sprays. **They may not use antihistamine nasal sprays (i.e. Astelin, Astepro, Patanase etc.) for 3 days prior to testing.**
- It is not necessary to be fasting or on a special diet for the test.
- You may bring a beverage and snacks on the day of the test.

On the day of your child's test, the results will be reviewed, and you will receive a copy of your child's test. All medications can be resumed after testing.

**If your child is having a flare-up of asthma or reactive airways, an active URI, wheezing or fever, their testing will need to be rescheduled. If your child has hypersensitive skin or severe eczema, they may need blood testing instead of skin testing.**

**In an effort to make this test accessible for all of our patients, we would appreciate a 1 week notice for cancellation, as we are reserving a 1 hour appointment time for your child. The failure to cancel or reschedule your child's appointment within 24 hours of the appointment may result in a \$50 administrative fee.**