

Northern Colorado Allergy & Asthma Clinic, LLC

PRE-SKIN TEST INSTRUCTIONS

Please read these directions carefully before coming in for your skin test appointment. Prepare to be in the office for several hours that day. Over the counter and prescription drugs that affect skin testing include antihistamine containing cold and allergy medications and sleep aids, histamine blockers and some antidepressants. Common SSRI antidepressants such as **CELEXA, PROZAC, PAXIL AND ZOLOFT - DO NOT NEED TO BE DISCONTINUED.**

DISCONTINUE short acting antihistamine containing drugs 48 HOURS PRIOR TO TESTING:

Azatadine (Optimine, Trinalin)
Brompheniramine (Bromfed, Bromphen, Cophene-B, Dallery-JR, Dimetapp Allergy Liqui-Gels, Lordane products, Nasahist B, Poly-Histine products, Rondec products, Ultrabrom products)
Chlorpheniramine (Aller-Chlor, Atrohist products, Chlor-Trimeton, Duravent DA, Extendryl, Kronofed, Nolamine, Ornade Spansule, Pediacare Allergy Formula, Respar-A.R.M., Sudafed Cold and Allergy, Sinutab Sinus Allergy, Teldrin, Tylenol Cold and Allergy products)
Clemastine (Contac 12 Hour Allergy, Tavist products)
Cyproheptadine (Periactin)
Dexchlorpheniramine (Dexchlor, Polaramine)
Dimenhydrinate (Calm X, Dinat, Dramamine, Dramanate, Hydrate, Triptone Caplets)
Diphenhydramine (AllerMax Caplets, Benadryl, Compoz, Diphen Cough, Diphenhist, Dormarex 2, Genahist, Hyrexin, Nervine Nighttime Sleep-Aid, Nytol, Siladryl, Sleep-Eze D, Somnex, Twilite Caplets, Tylenol Cold and Allergy products, Unisom SleepGels Maximum Strength)
Doxylamine (Tylenol Flu Nighttime, Unisom Nighttime Sleep Aid)
Phenindamine (Nolahist, Nolamine, Poly-Histine products, Triaminic products)
Tripelennamine (PBZ, PBZ-SR, Pelamine)

DISCONTINUE acid reflux/stomach drugs (histamine blockers) 48 HOURS PRIOR TO TESTING:

Nizatidine (Axid), **Famotidine** (Pepcid), **Ranitidine** (Zantac), **Cimetidine** (Tagamet)

DISCONTINUE longer acting antihistamines 5 TO 7 DAYS PRIOR TO TESTING:

Allegra products (5 days)
Astelin nasal spray (7 days)
Claritin/Clarinet products (5 days)
Zyrtec products (7 days)

ONLY IF INSTRUCTED BY THE PRESCRIBING DOCTOR -- discontinue other drugs including certain antidepressants and anti-anxiety agents 5 TO 7 DAYS PRIOR TO TESTING:

Amitriptylene	Hydroxyzine (Atarax, Vistaril)	Trazadone
Amoxapine	Imipramine (Tofranil)	Trimipramine (Surmontil)
Clomipramine	Maprotiline	Xanax
Desipramine	Nortriptyline	Seroquel
Doxepin (Sinequan)	Protriptylene (Vivactil)	

Allergy testing is performed by scratching liquid antigens onto the patient's back, then allowing 15 minutes for a reaction to occur. This reaction is a mosquito-like bump that varies in size and redness. The size of the reaction determines if further testing is required. A small amount of allergen is injected into the arms of those that did not show reactions on the back. The size of the reactions helps the physician to determine the patient's allergies and level of sensitivity, which will be discussed following the testing.