



Crossville Location:	Oak Ridge Location
49 Cleveland St,	700 S. Illinois Ave, Suite
Suite 220	A104
Crossville, TN 38555	Oak Ridge, TN 37830
Main: 931-219-9990	Main: 865-383-0737
Fax: 931-717-1180	Fax: 865-383-0015

Allergy Skin Testing Instructions

Make sure you review all of your medications with your doctor or the medical assistant when you are scheduled for your allergy test.

DON'T'S:

- Do not take over-the-counter antihistamines, cold medication, or cough syrup for 10 days prior to the test. This includes Benadryl, Claritin, Zyrtec, Allegra, loratadine, cetirizine, and fexofenadine, Tavist, Dramamine, Atarax, and others.
- Do not take prescription antihistamines for 10 days prior to the test including Claritin, Zyrtec, Allegra, loratadine, cetirizine, fexofenadine, and Astelin nasal spray. Also stop antihistamine eye drops 10 days prior to testing.
- Do not take beta blockers 5 days prior to testing. These include labetalol, metoprolol, carvedilol, and their brand name equivalents.
- Do not take anti-acid medication for 48 hours prior to testing including Zantac, Pepcid, and Tagamet. You may continue to take proton pump inhibitors such as Prilosec, Nexium, Prevacid, Protonix, and Aciphex.
- Do not take any sleeping medications for 48 hours prior to testing including Tylenol PM and Excedrin PM.

DO'S:

- Wear something comfortable that will allow access to your back or both upper arms on the day of testing.
- You may continue to use nasal steroid sprays such as Flonase, Nasonex, Nasacort, and Rhinocort. Do not use Astelin.
- Review the list of medications that need to be avoided below.

Antihistamines to stop 10 days prior to testing:

Generic	Brand Name
Acrivastine	Semprex
Azatadine	Optimine, Trinalin
Bropheniramine	AccuHist, Bromfed, Iodrane
Carbinoxamine	Pediox, Cardec
Cetirizine	Zyrtec, Zyrtec D
Chlorpheniramine	Ah-chew, Aller-Chlor, Atrohist, Chlor-Amine, Chlor-Trimetron, Deconamine, Extendryl, Histussin, Hycomine, Kronofed, Nalamine, Tussi-12, Tussionex, Tylenol Allergy and Flu Products
Clemastine	Dayhist, Tavist
Cyproheptadine	Periactin
Desloratadine	Clarinex, Clarinex D
Dimenhydrinate	Dramamine
Diphenhydramine	Benadryl
Fexofenadine	Allegra, Allegra D
Hydroxyzine	Atarax, Vistaril
Levocetirizine	Xyzal
Loratadine	Claritin, Claritin D, Alavert
Meclizine	Ativert
Phenindamine	Nolahist
Promethazine	Phenergan
Pyrilamine	Viravan
Tripolidine	Actifed, Allecron, Triacin

*****antihistamines may be ingredients in cold, seasickness, nausea, and sleep medications.**



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Eye drops to stop 10 days prior to testing:

Generic	Brand Name
Azelastine	Optivar
Epinastine	Elestat
Olopatadine	Patanol, Pataday
Ketotifen	Zaditor
Levocarbastine	Livostin
Pheniramine	Naphcon-A

Heartburn medications to stop 5 days prior to testing:

Generic	Brand Name
Cimetidine	Tagamet
Famotidine	Pepcid
Nizatidine	Axid
Ranitidine	Zantac

Nose spray to stop 10 days prior to testing:

Generic	Brand Name
Azelastine	Astelin

Antidepressants/neuropathic pain medications/narcolepsy drugs to stop 5 days before testing:

Generic	Brand Name
Amitriptyline	Elavil, Vanatrip
Desipramine	Norpramine
Doxepin	Sinequan
Imipramine	Tofranil
Nortriptyline	Aventyl, Pamelor
Protriptyline	Vivactil
Tripramine	Surmontil

High blood pressure/heart/migraine medication to stop 5 days prior to testing:

Generic	Brand Name
Acebutolol	Monitan, Sectaral
Atenolol	Tenoretic, Tenormin
Betaxolol	Kerlone
Bisoprolol	Zebeta, Ziac
Carteolol	Cartrol
Carvedilol	Coreg
Nadolol	Corgard
Penbutolol	Levatol
Pindolol	Visken
Propranolol	Inderal