

## Patient Instructions for New Patients/Skin Testing

Your appointment is on: \_\_\_\_/\_\_\_\_/20\_\_\_\_, at \_\_\_\_\_ AM / PM.

<p>Three days or 72 hours before your testing appointment please stop taking the following medications:</p> <ul style="list-style-type: none"> <li>• <b>Antihistamines</b>, <i>see list below</i></li> <li>• <b>Decongestant/antihistamine combination medications</b>, <i>see list below</i></li> <li>• <b>Astelin</b>, a prescription nasal spray antihistamine</li> <li>• Any <b>over the counter allergy medicines, cold &amp; cough remedies</b></li> <li>• Any <b>over the counter sleep aids</b>, they usually contain a sedating antihistamine</li> </ul> <p><b>Vitamin C.</b> If you are taking <b>1000 mg or more:</b> large doses act as a natural antihistamine</p> <p><b>Please review these medications. If you are not certain if you are taking a product that contains an antihistamine, ask your pharmacist or call this office.</b></p>	<div style="background-color: #cccccc; padding: 2px;"><b>Contain antihistamines</b></div> <p><b>Actifed</b> (Triprolidine)  <b>Allegra</b> (Fexofenadine)  <b>Antivert or Bonine</b> (Meclizine)  <b>Astelin</b> (dispensed as a Nose Spray)  <b>Atarax</b> (Hydroxyzine)  <b>Benadryl</b> (Diphenhydramine)  <b>Bromfed</b> (Bromphenamine)  <b>Chlortrimeton</b> (Chlorpheniramine)  <b>Claritin</b> (Loratidine)  <b>Clarinex</b>  <b>Dramamine</b> (Dimenhydrinate)  <b>PBZ</b> (Tripelenamine)  <b>Periactin</b> (Cyproheptadin)  <b>Phenergan</b> (Promethazine)  <b>Polyhistine</b> (Phenyltoloxamine)  <b>Semprex</b> (Acrivastine)  <b>Tavist</b> (Clemastine)  <b>Unisom</b> (Doxylamine)  <b>Zyrtec</b> (Cetirizine)</p>
<p>You should continue to take, as prescribed, the following medications:</p> <ul style="list-style-type: none"> <li>• <b>Antibiotics</b></li> <li>• <b>All asthma medications</b></li> <li>• <b>Prescription nose sprays</b>, with the exception of <b>Astelin</b>, which is an antihistamine</li> </ul> <p><b>Decongestants that are not combined with an antihistamine</b></p> <p><b>Please dress accordingly:</b> the 1<sup>st</sup> phase of testing (prick tests) are done on the forearm and the 2<sup>nd</sup> phase of testing (intradermal tests) are done on the upper arms.</p>	<div style="background-color: #cccccc; padding: 2px;"><b>Decongestant/Antihistamine combinations</b></div> <p><b>Allegra D</b>  <b>Claritin D</b>  <b>Naldecon</b>  <b>Polyhistine D</b>  <b>Rynatan</b>  <b>Tavist D</b>  <b>Trinalin Repetabs</b>  <b>Zyrtec D</b></p> <p><b>Most over the counter cold, cough, headache medications</b></p>