

How to Prepare for an Allergy Test

Allergy Testing

Your health care provider wants you to have allergy testing. This will help determine what kind of allergies you have. The testing will take a few hours.

What To Bring

Bring the following to your visit:

- completed forms
- any medicines you are currently taking (prescription and over-the-counter)
- a record of any allergy injections you've had.

Medicines To Keep Taking

There are some medicines you can keep taking before your allergy test. These include:

- asthma medicines such as:
 - aminophylline
 - bronchodilators such as:
 - albuterol (Proventil[®] or Ventolin[®])
 - salmeterol (Serevent[®])
 - montelukast (Singulair[®])
 - theophylline
- inhaled corticosteroids such as:
 - fluticasone propionate/salmeterol (Advair[®], AirDuo[®] or Wixela[®])
 - fluticasone furoate/vilanterol trifenate (Breo Ellipta[®])
 - fluticasone propionate (Flovent[®])
 - budesonide/formoterol (Symbicort[®])

- nasal sprays such as:

- fluticasone (Flonase[®])
- triamcinolone (Nasacort AQ[®])
- mometasone (Nasonex[®])
- budesonide (Rhinocort[®]).

Medicines To Stop Taking

Some medicines can affect allergy test results. In general, you may need to stop taking antihistamines, sleep medicines, and medicines that treat nausea, dizziness or both.

The chart on the back side of this fact sheet lists common medicines not to take before allergy testing. **It does not include all the medicines you may be taking.**

Follow all directions you receive from your health care provider.

Call your health care provider if you are not able to stop taking a medicine, or if have any questions.

Check the package of all medicines you take to see if they include one of these ingredients.

These medicines are often found in combination products over-the-counter or in sleeping aids.

(over)

14
days before

Medicines to Stop Taking for 14 Days (2 Weeks) Before Your Test*		
<input type="checkbox"/> doxylamine	<input type="checkbox"/> meclizine	<input type="checkbox"/> prochlorperazine
<input type="checkbox"/> promethazine		

5
days before

Medicines to Stop Taking for 5 Days Before Your Test*		
<input type="checkbox"/> certirizine	<input type="checkbox"/> desloratadine	<input type="checkbox"/> diphenhydramine
<input type="checkbox"/> fexofenadine	<input type="checkbox"/> hydroxyzine	<input type="checkbox"/> levocetirizine
<input type="checkbox"/> loratadine		

2
days before

Medicines to Stop Taking for 2 Days (48 Hours) Before Your Test*		
<input type="checkbox"/> brompheniramine	<input type="checkbox"/> carbinoxamine	<input type="checkbox"/> chlorpheniramine
<input type="checkbox"/> cimetidine	<input type="checkbox"/> clemastine	<input type="checkbox"/> cyproheptadine
<input type="checkbox"/> dexbromphenirame	<input type="checkbox"/> dexchlorpheniramine	<input type="checkbox"/> dimenhydrinate
<input type="checkbox"/> famotidine	<input type="checkbox"/> trimethobenzamide	<input type="checkbox"/> triprolidine

*Do not stop taking your antihistamine(s) if you have hives.

Antidepressant Medicines

Some antidepressants can affect allergy test results. If you take a certain antidepressant, you may need to stop taking it 2 weeks before your test.

Talk with your health care provider before you stop taking this medicine. Examples include:

- amitriptyline
- amoxipine
- desipramine
- doxepin
- imipramine
- nortriptyline
- protriptyline
- trazodone
- trimipramine.