

How to Prepare for Your Allergy Visit

Your Allergy Visit

You have been scheduled to see an allergist (doctor who specializes in the treatment of allergies). During your visit, your allergist will ask you questions and do testing to determine what kind(s) of allergies you have.

It is important for you to properly prepare for your visit. This will help you to get the most out of your time with the allergist.

One Week Before Your Visit

Before your visit, you will need to do the following.

- Prepare a list of your current prescription and over-the-counter medicines, herbals and/or vitamins.
- Some medicines affect how well the allergy tests work. You will need to stop taking any antihistamines or any medicines that contain an antihistamine **5 to 7 days before your visit**. This includes:
 - acravistine
 - amitriptyline
 - azalastine
 - bepotastine
 - bropheniramine
 - cetirizine
 - chlorpheniramine

- cimetidine
- clemastine
- clomipramine
- cyproheptadine
- desipramine
- desloratadine
- diphenhydramine
- doxipen
- eszopiclone
- famotidine
- fexofenadine
- hydroxyzine
- imipramine
- ketotifen
- levocetirizine
- loratadine
- nizatidine
- nortriptyline
- olopatadine
- prochlorperazine
- promethazine
- pyrilamine
- ranitidine
- trazadone
- zolpidem.

Not all antihistamines are listed. You will need to read each of your medicine labels to make sure they do not contain an antihistamine. If they do, stop taking the medicine as long as your primary care provider says it's OK.

You may need to continue taking some of these medicines such as medicines to treat depression. **Do not stop taking any asthma medicines in inhalers, including montelukast.** Talk with your primary care provider if you have questions about which medicines you need to continue taking.

- Some herbal supplements may also affect how well the allergy tests work. Please stop taking the following herbal supplements.
 - Feverfew
 - Green tea
 - Licorice
 - Saw palmetto
 - St. John's wort

One Day (24 Hours) Before Your Visit

Some people have a reaction to allergy testing. Certain medicines can affect how well those reactions can be treated. Please stop taking the following medicines **24 hours before your visit if your primary care provider says it's OK.**

- Atenolol
- Bextaxolol
- Bisoprolol
- Carvedilol
- Labetalol
- Nadolol
- Pindolol
- Propranolol
- Sotalol
- Timolol

Important: This is not a complete list. Talk with your primary care provider to find out which medicines you can and cannot stop taking before your visit. You will be able to take them again about 1 hour after your allergy testing.

Whom To Call With Questions

If you have questions about which medicines you can and cannot stop taking before your allergy tests, please call your primary care provider.