

Allergy Testing Restriction List

FOR BEST TEST RESULTS FOLLOW THESE RECOMMENDATIONS

Patients referred for allergy skin testing **CANNOT:**

- Be on Beta Blockers. (Absolute contraindication)
- Be having an acute allergy exacerbation or poorly controlled asthma

MEDICATIONS TO STOP BEFORE ALLERGY SKIN TESTING

ANTIHIISTAMINES

(DISCONTINUE 7 DAYS BEFORE TESTING)

Examples include:

4-way
Advil PM
Alavert
Allegra, Allegra-D (Fexofenadine)
AllerX
Antivert (meclizine)
Brompheniramine (Bromfed)
Chlor-Trimenton
Chlorpheniramine
Benadryl
Clarinet
Claritin, Claritin-D, Claritin Reditab (Loratadine)
Comtrex
Contac
Dimetane
Dimetapp
Diphenhydramine
Dramamine (dimehydrinate)
Drixoral
Extendryl
Formula 44
Hydroxyzine (Vistaril / Atarax)
NyQuil Multisymptom
Periactin
Phenergan (promethazine)
Ranitidine (Zantac)
Rynatan
Sudafed Plus ("plus" has antihistamine)
Tylenol PM
Triaminic
Unisom
Vicks
Xyzal (Levocetirizine)
Zyrtec (Cetirizine)
Zzzquil

PRESCRIBED TOPICAL ANTIHIISTAMINE SPRAYS

(DISCONTINUE 24 HOURS BEFORE TESTING)

Examples include:

Compounded Nasal Spray prescribed by Dr. Slaughter
Azelastine (Astelin)
Fluticasone (Flonase)
Azelastine/Fluticasone (Dymista)
Azelastine (Astepro)
Olopatadine (Patanase)

SLEEP AIDS (MOST CONTAIN ANTIHIISTAMINE)

(Discontinue 7 days before testing)

Examples include:

Unisom
Sleep Aid
Wal-Som
Ultra Sleep Nighttime Sleep Aid

STERIODS

(DISCONTINUE 7 DAYS BEFORE TESTING)

Examples include:

Methylprednisolone (Medrol Dose Pak)
Prednisone
Prednisolone

H2 BLOCKERS

(DISCONTINUE 7 DAYS BEFORE TESTING)

Examples include:

Famotidine/Pepcid/Nizatidine/Axid
Tagamet/Cimetidine

BETA BLOCKERS

(DISCONTINUE 48 HOURS BEFORE TESTING)

If you cannot stop Beta Blockers, we cannot do skin testing.

Please talk to us about blood testing (RAST) instead.

Examples include:

Acebutolol (Sectrol)
Atenolol (Tenormin, Tenoretic)
Betaxolol (Kerlone)
Carteolol (Cartol)
Carvedilol (Coreg)
Corzide
Disoprolol (Zabeta)
Esmolol (Brevibloc)
Inderide, Inderide LA
Labetalol, (Normodyne, Trandate)
Metoprolol, (Lopressor, Lopressor HCT/Toprol XL)
Nadolol, (Corgard)
Nebivolol (Bystolic)
Penbutolol, (Levatol)
Pindolol, (Visken)
Propranolol, (Inderal, or Ineral LA)
Sotalol, (Betapace AF)
Timolide 10/25
Timolol, Blocadren
Ziac

Please contact our office with any questions.

Daniel Slaughter, MD / Sinus & Snoring Specialists

By Phone/ Secure Text (Klara): 512-601-0303

Patient Portal: <https://sinussnoringent.ema.md/>