

New Patient Skin Test Instructions

There are many different allergy medications that contain antihistamines. You need to have as few antihistamines in your system as possible on the day of your skin test, so we can get clear results. If you have antihistamines in your system at the time of your skin test, we may have to reschedule your test. If you are taking something that is not on the list, and you are not sure if it is an antihistamine, please call the office at 317-872-4213 to find out.

1. Stop the following medications 7 days prior to your testing appointment.

Oral Antihistamines

Atarax (Hydroxyzine HCL)
Clarinet and Clarinet D
Doxepin
Periactin
Vistaril
Xyzal

Nasal Sprays

Astelin
Astepro
Patanase

H2 Blockers

Axid (Nizatidine)
Pepcid (Fomatidine)
Tagamet (Cimetidine)
Zantac (Ranitidine)

OTC Antihistamines

Allegra (Fexofenadine)
Allegra D
Alavert
Claritin (Loratadine)
Claritin D
Zyrtec (Cetirizine)

Eye Drops

Alomide Eye Drops
Elestat Eye Drops
Livostin Eye Drops
Naphcon A Eye Drops
Opcon A Eye Drops
Optivar Eye Drops
Pataday Eye Drops
Vascon A Eye Drops
Visine AC Eye Drops
Zaditor Eye Drops

Sleep Aides

Nytol
Sleepinal
Sominex
Tylenol PM
Unisom

2. Stop the following medications 2 days prior to your testing appointment.

OTC Antihistamines
Benadryl
Chlortimetron

3. Please contact our office if you are taking any of the following antidepressants.

Amitriptyline (Elavil)	Maprotiline
Amoxapine	Nortriptyline (Aventyl, Pamelor)
Despiramine (Norpramin)	Protriptyline (Vivactil)
Doxepin (Sinequan)	Trimipramine (Surmontil)
Imipramine (Tofranil, Tofranil-PM)	

If you are taking medications for depression, you should consult the prescribing physician before stopping the medication. We may have to schedule skin testing for a later date.

4. Prednisone should not be taken the day of your testing appointment.

Allergy and Asthma Specialists
Dr. Fosso, M.D.

5. Nasal Sprays aside from the ones listed above are fine to continue taking.
6. All Asthma medications (Including Singulair) should be continued.