



## **What to expect for your first visit for Skin Testing**

- Please arrive 15 minutes prior to your appointment.
- Wear comfortable non-restrictive clothing. Shorts sleeve or sleeveless shirts are best.
- Bring your New Patient packet of information given to you on the day of your evaluation with Dr. Connor.
- Bring an antihistamine with you the day of testing (ex: Zyrtec, Claritin, Allegra) for use after testing if needed.
- Bring your asthma inhaler with you if you have asthma.
- Patients under the age of 18 will need to be accompanied by an adult.
- Allow at least one hour for skin prick testing. If additional testing is needed or if you see the physician, this will lengthen your visit possibly by another hour.
- Avoid any strenuous activity 2 hours before and for 2 hours after testing.
- Please visit our Tallahassee ENT YouTube webpage to watch a video on our Allergy program



## Contra-Indicated Medications

Medicines that **affect** allergy skin testing: Do not take these medications 7 days (or as listed below), prior to your appointment:

**\*This is not an all-inclusive list, review all the ingredients on the package or ask your doctor or pharmacist.\***

Antihistamines - First Generation	
Generic Name	Brand Names
Azatadine	Optimine
Bromphenarimine	BroveX, Dimetane, Lodrane
Carbinoxamine Maleate	Histex Pd, Palgic and Peditex
Chlorpheniramine	AHIST, Aller-Chlor, C.P.M, Chlo-Amine, Chlor-Allergy, Chlor-Mal, ChlorTrimeton, Chlorphen, Effidac-24, Histex, Ridraman
Clemastine <b>(10 days)</b>	Allerhist-1, Contact 12hr Allergy, Tavist-1
Cyproheptadine <b>(11 days)</b>	Periactin
Dexchlorpheniramine	Polaramine
Diphenhydramine	Actifed Sinus Day, Aler-Tab, Allergy, AllergySinus, Allermax, Aler-Dryl, Altaryl, Banophren, Benadryl, Calm-Aid, Children's Allergy, Compoz Nighttime, Diphedryl, Diphen-Allergy, Diphenhist, Dormin Sleep Aide, Dytan, Dytuss, Genahist, Hydramine, Ibuprofen PM, Nu-Med, Nytol, PediaCare Children's Allergy, Q-Dryl, Quenalin, Scot-Tussin Allergy, Siladryl, Silphen, Simply Allergy, Simply Sleep, Sleep-ettes, Sleep Formula, Sleepinal, Sominex, Tavist, Theraflu, Triaminic, Twilite, Tylenol PM, Unisom Sleep Gels, Valu-Dryl
Dimenhydrinate	Dramamine
Hydroxyzine <b>(8 days)</b>	Atarax, Rezone, Vistaril
Ketotifen	Zatiden
Meclizine HCl	Antivert, Bonine
Methdilazine	Tacaryl
Phenindamine	Nolahist
Promethazine	Chlorpromazine, Phenergan, Promethazine, Prorex 25 & 50, Thorazine
Prylamine	Nisaval
Trimaparazine	Tremaril
Tripelennamine	PBZ & PBZ-SR
Tripolidine	Mydyl, Zymine
Antihistamines - Second Generation	
Astemizole	Hismanal
Cetirizine	Zyrtec
Desloratidine	Clarinx
Fexofenadine	Allegra
Loratadine <b>(9 days)</b>	Alavert, Claritin
Antihistamines - Second Generation - continued	
Levocetirizine dihydrochloride	Xyzal
Metquitazine	Primalan, Quintadrill
Mizolastine	Mizollen, Mistamine
Terfenadine	Seldane
Antihistamine Nose Sprays - 2 days	
Azelastine	Astelin, Astepro, Patanase, Dymista
Antihistamine Eye Drops (Ophthalmic) - 2 days	
Azelastine	Optivar
Olopatadine	Patanase, Pataday and Patanol Ophthalmic eye drops
Other	
Theophylline	Theo-Dur, Respbid, Slo-Bid, Theo-24, Theolair, Uniphyll, Slo-Phyllin
Vitamins A,C,D and E	In doses >1000u
Ranitidine <b>(2 days)</b>	Zantac

**\*Do not stop taking your Asthma medications!\***

For questions: Please call 850-877-0101

**\*You must have approval to stop taking any Betablocker medication from the doctor that prescribed it.  
That doctor may want to prescribe a replacement medication for you to take for the 5 days before your testing\*  
\*This list is not all inclusive. Check with your doctor or pharmacist if your medication contains a betablocker\***

<b>Beta Adrenergic Blocking Agents – Betablockers (5 days) Anaphylaxis may be more difficult to treat</b>			
Acebutolol -(B1 selective)			Sectral Capsules
Atenolol -(B1 selective)			Tenoretic 50 & 100, Tenormin
Betaxolol - (B1 selective)			Betoptic & S ( Ophthalmic / eye drops ), Kerlone
Bisoprolol -(B1 selective)			Zebeta, Ziac
Carteolol (NS)			Cartrol Filmtab Tabs, Ocupress (Ophthalmic / eye drops)
Carvedilol (NS)			Coreg
Esmolol HCL (NS)			Brevibloc Injection
Labetalol (NS)			Normodyne, Trandate
Levobunolol			AK-Beta, Betagan Liquifilm(Ophthalmic / eye drops)
Levobetaxolol			Betaxon
Metipranolol			OptiPranolol (Ophthalmic / eye drops)
Metoprolol -(B1 selective)			Lopressor + Lopressor HCT, Toprol-XL
Nadolol (NS)			Corgard, Corzide, Nadolol Tabs
Penbutolol (NS)			Levatol
Pindolol (NS)			Visken
Pindolol (NS)			Inderal, Inderide
Sotalol - (B1 selective)			Betapace, Sorine
Timolol + Timolol Maleate (NS)			Betimol, Blocarden, Ocumeter, Timolide tabs, Cosopt, Occudose, Timoptic, XE, (Opthal / eye drops)
<b>Tricyclic Antidepressants (14 days) You must OK stopping these with the doctor who prescribed them.</b>			
Amitriptyline			Elavil, Endep, Etrafon, Limbitrol, Vanatrip
Amoxampine			Asendin
Clomipramine			Anaframil
Desipramine			Norpramin
Doxepin			Adapin, Sinequan (8 days), Zonalon (+topical) (14 days)
Imipramine			Tofranil
Nortriptyline			Aventyl HCL, Pamelor
Protriptyline			Vivactil
Trimipramine			Surmontil
<b>Benzodiazepines (7days)</b>		<b>Atypical Antidepressants/Sedatives (5 days)</b>	
Clonazepam	Klonopin	Bupropion	Wellbutrin
Diazepam	Valium	Eszopiclone	Lunesta
Lorazepam	Ativan	Mirtazapine (7 days)	Remeron
Midazolam	Versed	Quetiapine (7 days)	Seroquel
		Trazodone	Oleptro
		Zolpidem	Ambien
<b>Herbal Supplements: Do not take 7 days before allergy testing:</b>			
<b>Decrease test results:</b> Licorice, Green Tea, Saw Palmetto, St. John's Wort, Feverfew			
<b>Increase test results:</b> Milk Thistle, Astragalus			
<b>Medicines you CAN take before allergy testing:</b>			
<b>Nasal sprays</b>			
Afrin	Mometasone		Oxymetazoline
Beclamethasone	Nasacort		Rinocort
Beconase	Nasalcrom		QNasal
Budesonide	Nasarel		Trimacinalone
Flonase	Nasonex		Veramyst
Flunisolide	Neosynephrine		
<b>Eye drops</b>			
Acular	Alamast	Alocril	Alomide
<b>Proton Pump Inhibitors (PPI)</b>			
Dexlansoprazole	Omeprazole	Kapidex	Prilosec, Zegerid
Esomeprazole	Pantoprazole	Nexium	Protonix
Lansoprazole	Rabeprazole	Prevacid	Aciphex
<b>Serotonin Norepinephrine Reuptake Inhibitors (SNRI)</b>		<b>Selective Serotonin Reuptake Inhibitors (SSRI)</b>	
Duloxetine		Citalopram	Celexa
Desvenlafaxine		Escitalopram	Lexapro
Milnacipran	Ixen, Savella	Fluoxetine	Prozac
Venlafaxine		Olanzapine + Fluoxetine	Symbyax
		Paroxetine	Paxil
		Sertraline	Zoloft
<b>Other</b>			
Antibiotics	Phenylephrine		Singulair
Guaifenesin / Mucinex	Pseudoephedrine / Sudafed		