



## ALLERGY SKIN TESTING INSTRUCTIONS

### Medications

- Persons scheduled for skin testing should not take antihistamines or medications containing antihistamines for at least 5 days prior to being tested. Antihistamines are often found in cold or allergy medicines. You may continue decongestants, mucous thinners, and most nasal sprays. If you are not sure please ask your pharmacist.
- **DO NOT stop taking asthma medications and drugs for all other medical conditions.**
- **DO NOT stop taking any of the medications given to treat hives or rashes.**

Listed below is a list of common antihistamines: Some store brands are not listed. Please check the ingredients on the package or ask your pharmacist: All lower case is the generic drug.

Actifed  
Allegra, Allegra D  
Allerx  
Atarax  
Atrohist  
azatadine  
Benadryl  
Bromphed  
brompheniramine  
carbinoxamine  
cetirizine  
chlorpheniramine  
ChlorTrimeton  
Clarinet, Clarinet D

Claritin, Claritin D  
clemastine  
CoTylenol  
cyproheptadine  
desloratadine  
Dimetane  
Dimetapp  
Diphenhydramine  
Dristan  
fexofenadine  
hydroxyzine  
loratadine  
Nolamine  
Optimine

PBZ  
Periactin  
Rondec  
Semprex D  
Tavist, Tavist D  
Teldrin  
Trinalin  
tripelennamine  
triprolidine  
Tylenol PM  
Unidecon  
Vistaril  
Zyrtec, Zyrtec D

- Please wear short sleeves on the day of the test.
- Plan on being in the office for 1-2 hours.
- If you have any questions please call the medical message line at 410-760-8840 ext. 5245.

### ADMINISTRATIVE OFFICE

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