

Allergy Asthma Immunology of Rochester, P.C.

These medications should NOT BE TAKEN 7 DAYS PRIOR TO SKIN TESTING.

****No fasting required before appointment. Please eat a meal and drink water before your appointment time.****

ORAL ANTIHISTAMINES:

Allegra (Fexofenadine)
Benadryl (Diphenhydramine)
Brompheniramine (Actifed, Dimetapp, Drixoral)
Carbinoxamine Maleate
Chlorpheniramine (Chlor-Trimeton, tussinex)
Claritin, Alavert (loratadine)
Clarinet (desloratadine)
Clemastine (Tavist, Antihist)
Cyproheptadine (Periactin)
Dexchlorpheniramine
Dicyclomine
Doxylamine (Nyquil, Unisom)
Dramamine (Dimenhydrinate)
Hydroxyzine (Atarax, Vistaril) **10 days**
Ketotifen (Zaditen)
Meclizine
Mequitazine
Mizolastine
Promethazine (Phenergan)
Xyzal (levocetirizine)
Zyrtec (cetirizine)

ANTIHISTAMINE NOSE SPRAY:

Azelastine, Astelin, Astepro, Dymista
Patanase (Olopatadine)

ANTIHISTAMINE EYE DROPS:

Bepreve (Bepotastine)
Elestat (epinastine)
Ketotifen (alaway, zaditor)
Optivar (Azelastine)
Naphcon-A
Pataday, Patanol, Pazeo (Olopatadine)
Visine A (pheniramine)

HEARTBURN MEDICATIONS:

Pepcid, Tums Dual Action (Famotidine)
Tagamet (Cimetidine)
Famotidine

****Do not stop benzodiazepines, antidepressants, sedatives or neurologic medications without consulting your prescribing physician.**

BENZODIAZEPINES:

Ativan (lorazepam)	Estazolam
Clonazepam (klonopin)	Midazolam (versed)
Diazepam (valium)	Xanax (alprazolam)

ANTIDEPRESSANTS / MIGRAINE / MISCELLANEOUS:

Amitriptyline (Elavil)	Mirtazapine (Remeron)
Amoxapine	Nortriptyline (Pamelor)
Bupropion (Wellbutrin)	Prochlorperazine (Compazine)
Clonidine	Protriptyline
Clomipramine	Quetiapine (Seroquel)
Desipramine	Trazodone (Oleptro)
Doxepin	Trimipramine
Eszopiclone (Lunesta)	Zolpidem (Ambien)
Imlipramine	

OTHER:

Advil PM	Prednisone > 20mg
Contact	Robitussin PM
Dicyclomine (Bentyl)	Triaminic
Medrol > 20mg	Tylenol PM
Nyquil	ZzzQuil
Vicks Nighttime	

XOLAIR- (Omalizumab) 6 Months

Any other products containing "PM"
Any cough or cold medicine with antihistamines
Topical steroid creams to arms or back for 21 days

HERBAL SUPPLEMENTS:

Butterbur	Vitamin C > 500mg
Feverfew	Vitamin D > 1000 IU Stinging
Nettle	Multivitamins
Curcumin	Quercetin
Licorice (<i>glycyrrhiza glabra</i>)	Turmeric
*Other herbal supplements may interfere	

****Over the counter allergy, cold, cough, motion sickness, sleep aids, sedation and nasal spray products may contain antihistamines. Make sure you read and check the ingredients carefully and stop those containing antihistamines.**

**Okay to take OTC nasal sprays without antihistamines, mucinex, mucinex D, pseudoephedrine, phenylephrine, prednisone < 10mg, contraceptive pills, montelukast, nasal saline, neti-pot, xclear and antibiotics.

****DO NOT STOP TAKING YOUR ASTHMA INHALERS OR SINGULAIR (MONTELUKAST)*****

Skin Allergy Testing (Scratch or Patch Testing): Preparation and Clothing Guidelines

For your skin allergy test, please wear **loose-fitting, comfortable clothing** that allows easy access to the areas typically tested — your forearms, upper arms, or back.

Please note: The clinical staff will use **skin markers** to label test sites. These markings will wash off but may stain clothing

Clothing Recommendations

- Choose soft, breathable fabrics such as cotton, which are gentle on the skin

Tops:

- A short-sleeved or sleeveless shirt is ideal.
- Button-down shirts or blouses are also good options, as they can be easily removed or adjusted — especially if testing is performed on your back.

Bottoms:

- Wear comfortable pants or a skirt.
- If there is a small chance testing will involve your thighs (less common), loose-fitting shorts that can be rolled up are best.

Avoid Wearing:

- Tight or restrictive clothing that could interfere with the test sites or rub against them.
- One-piece outfits (e.g., dresses or jumpsuits), as you may need to expose your back and wear a medical gown.
- Light-colored or “best” clothing, as marker ink or allergens may cause stains.
Older, dark-colored garments are recommended.
- Bras (for patch tests): If patches are applied to your full back, consider not wearing a bra or use an old, inexpensive sports bra that won’t damage or dislodge the patches.

Before Your Appointment

- Do not apply lotions, creams, perfumes, or powders to the testing area on the day of your test, as these can interfere with accurate results.
- Eat and hydrate before your appointment. **do not eat 1 hour before any oral food challenge **
- Avoid strenuous exercise immediately before or after testing to minimize sweating, which could shift the patches or cause irritation.
- Bring a book, tablet, or other quiet activity, as the testing process may take up to 3 hours.