

STOP THESE MEDICATIONS 2 WEEKS PRIOR TO TESTING:

Non-prescription antihistamines, including nasal sprays and cough syrups
Prescription antihistamines (syrups, pills, nasal sprays, creams, gels, etc.)
Prescription decongestants
Prescription allergy eye drops (Livostin, Patanol, etc.)
Steroid eye drops
Steroid creams and sprays (such as cortisone preparations for mosquito bites)
Antacids (Tagamet, Zantac, Pepcid, Pepcid AC, Axid, Prilosec)
Oral steroid treatment (medrol dose pack, prednisone)

THESE MEDICATIONS MAY BE STOPPED PRIOR TO TESTING, ONLY WITH PHYSICIANS COUNSEL

Antidepressants (Effexor, Wellbutrin, Paxil, Prozac, Zoloft)
Prescription sleeping medication (Halcion, Restoril, Ambien, Noctec)
Non-prescription sleeping medication (Nytol, Sominex, Tylenol P.M., etc.)
Appetite suppressants
Non-prescription allergy eye drops
Non-prescription decongestants (Sudafed, pseudoephedrine)

STOP THESE 30 TO 60 DAYS PRIOR TO TESTING ONLY WITH PHYSICIAN OK

Tricyclic and tetracyclic antidepressants (check with your pharmacist if you are on an antidepressant) (amitriptyline (Elavil), desipramine, imipramine (Tofranil), Sinequan, Asendin, Adapin)

Do not have a steroid injection (such as Kenalog or Cortisone) for control of allergy symptoms within 6 weeks of testing dates. (These drugs can suppress the test response we are trying to provoke.)

If you must take an antihistamine or decongestant, over the counter pseudoephedrine (Sudafed) can be substituted up to one week prior to testing, but must be discontinued 7 days prior to testing.

If possible, it is best if you can eliminate as many non-essential medications at least one week prior to testing.

PLEASE DO NOT STOP ANY PRESCRIPTION MEDICATION WITHOUT DISCUSSING IT WITH THE DOCTOR FIRST!

ALL VITAMINS AND HERBAL MEDICINES NEED TO BE DISCUSSED AND STOPPED PRIOR TO TESTING – ESPECIALLY WATCH FOR LICORICE, ST. JOHN'S WORT AND GOLDENSEAL.