

-University Ear, Nose & Throat Specialists, Inc.  
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**PATIENT INSTRUCTIONS FOR ALLERGY TESTING**

**PATIENTS BEING TREATED WITH MEDICATIONS CALLED BETA BLOCKERS CANNOT BE SKIN TESTED FOR ALLERGIES.** We can get similar results from a blood test. These medications are:

**TRADE NAMES:** Betapace, Betoptic, Blocadren, Brevibloc inj., Cartrol, Corgard, Coreg, Corzide, Inderal, Inderide, Kerlone, Levatol, Lopressor, Normodyne, Sectral, Monocal, Tenormin, Tenoretic, Timolide, Toprol XL, Trandate, Viskin, Zebeta, Ziac.

**GENERIC NAMES:** Acebutolol, Atenolol, Betaxolol, Bisoprolol, Carteolol, Labetalol, Metopropol, Naldolol, Penbutolol, Pindolol, Propanolol, Sotalol, Timolol.

In order to evaluate the allergy tests accurately, certain medications should not be taken for 72 hours before the skin tests are performed. These medications include antihistamines, tricyclic antidepressants and H2 antagonists. The following lists contain most of these.

**ANTI-HISTAMINE TRADE NAMES:** Actifed, Alka Seltzer, Allegra, Allent, Allermax, Allerest, Antivert, A.R.M., Atarax, Atrohist, Benadryl, Bonine, Brexlin, Bromfeld, Cardec, Chlorafed, Chlor-trimeton, Claritin, Clarinex\*, Clistin, Codimal, Comhist, Contac, Corricidin, Co Tylenol, Dayquil, Decon, Deconamine, Demazin, Dimetane, Dimetapp, Disophrol, Dristan, Drixoral, Dura Vent, Extendryl, Fedahist, Fedrazil, Fiogestic, Formula 44, Histalet Forte, Histamic, Isochlor, Kronofed-A, Magsal, Naldecon, Nalamine, Novafed, Nyquil, Optimine, Ornade, PBZ, Pediacare, Periactin, Percogestic, Phenergan, Polaramine, Poly-Histine, Protid, PV Tussin, Pyrroxate, Rhinolar, Rondec, RuTuss, Rynatan, Semprex, Sinarest, Sine-off, Singlet, Sinubid, Sudafed-Plus, Tavist, Triaminic, Trinalin, Tri-Nefrin, Unisome, Vanex-Forte, Vistaril, Zyrtec.

**\*must be off for 5 days.**

**ANTI-HISTAMINE GENERIC:** Acrivastine, Azatidine, Brompheniramine, Carbinaxamine, Cetirizine, Chlorpheniramine, Clemastine, Cyproheptadine, Dexbrompheniramine, Diphenhydramine, Dexchlorpheniramine, Doxylamine, Fexofenidine, Hydroxyzine, Loratadine, Meclizine, Phenidamine, Pheniramine, Phenyltoloxamine, Promethazine, Pyrilamine, Tripelennamine, Tripolidine.

**H2 ANTAGONISTS GENERIC AND TRADE NAMES:** Axid, Cimetidine, Famotidine, Nizatidine, Pepcid, Ranitidine, Tagamet, Zantac.

**TRICYCLIC ANTIDEPRESSANTS GENERIC AND TRADE NAMES:** Adapin, Amitriptyline, Amoxapin, Anafranil, Asendin, Aventyl, Clomipramine, Doxepin, Elavil,

Endep, Imipramine, Janimine, Norpramin, Nortriptyline, Pamelor, Pertfrane, Protriptyline, Sinequan, Surmontil, Trimipramine.

These lists are constantly changing. If you have any questions regarding a medication that has been prescribed for you, please check with your pharmacist.

If you are unable to withhold these medications please let us know and we will run a blood test for allergies instead of skin testing.

Testing should be postponed if you are running a fever or experiencing an attack of asthma.

Please wear short-sleeved or sleeveless apparel for your testing appointment.

The testing will take approximately 1-1 ½ hours.

If you have any questions please call Barb Cunningham, R.N. at 475-7363.