

MAIN OFFICE:
2311 Delaney Avenue
Wilmington, NC 28403
Phone: 910-762-8754
Fax: 910-762-0778

Wilmington Ear Nose & Throat Associates, P.A.

ALLERGY TEST INSTRUCTIONS

After making the appointment, please record it here: _____.

Allergy Testing

Ear, Nose and Throat (ENT) Physicians are specifically trained to identify and treat those parts of your body that most commonly manifest allergy symptoms and associated diseases. Many of the health problems that an ENT physician encounters are due, directly or indirectly, to allergies. Chronic nasal congestion, postnasal drip, chronic sinusitis, middle ear disease, nasal polyps, hearing loss, dizziness, headaches, and chronic sore throats may all be due to allergies. At our clinic we have a carefully selected panel of airborne allergens that we use for allergy testing. These include a variety of pollens (tree, grass, and weed pollen) that cause seasonal allergy symptoms along with other airborne allergens including dust mites, mold, and animal dander that can contribute to year-round allergy symptoms.

What to Expect

The test we perform is a skin test and is performed on both forearms using a skin prick device. The device places small amounts of antigens under the first layer of skin. After your skin test, you will revisit your physician to evaluate the testing results and determine a proper treatment plan. Allergy skin testing takes about 30 minutes to complete. Please wear something short-sleeved or sleeveless. Also, please do not use any fragrances or perfumes.

Many common medications, especially antihistamines, interfere with allergy skin tests. Antihistamines are also found in many over the counter medications for colds and allergies. It is important to quit taking these medications for 1 week prior to having an allergy skin test. Other medications that interfere with allergy skin test include beta blockers, oral steroids, herbal supplements, nasal sprays, eye drops, and antidepressants. Please refer to the attached list of medications to avoid before allergy skin testing.

If you are unable to keep your appointment, please call and let us know so that we can schedule someone else.

NOTE: Our office policy is to always have a physician on site during allergy testing times. However, occasionally our physicians are in surgery, in the event this occurs we will contact you to reschedule your test.

If you have any questions about your allergy test please contact the Allergy Dept. at 762-8754 x119. Thank you.

Medications That Interfere with Allergy Skin Testing

Antihistamines

Hold for 1 week

Brand name	Generic name
Allegra	Fexofenadine
Antivert	Meclizine
Atarax	Hydroxyzine
Benadryl	Diphenhydramine
Claritin	Loratadine
Chlor-Trimeton	Chlorpheniramine
Dramamine	Dimenhydrinate
Phenergan	Promethazine
Xyzal	Levocetererzine
Zyrtec	Cetirizine

Nasal Sprays

Hold for 1 week

Astelin
Astepro
Azelastine
Dymista
Patanase

Antidepressants

Hold for 1 week

Brand name	Generic name
Adapin	Doxepin
Anafranil	Clomipramine
Elavil	Amitriptyline
Pamelor	Nortriptyline
Sinequan	Doxepin
Tofranil	Imipramine

(with prescribing physicians approval)

Other medications

Hold for 1 week

Actifed Sinus	Simply Sleep
Advil-PM	Tagamet
Childrens allergy	Theraflu
Excedrin PM	Triaminic
Famotidine	Tussionex
Metoclopramide	Tylenol PM
Nyquil	Tussionex
Pepcid	Unisom
Ranitidine	Zantac
Reglan	ZZZQuil
Robitussin allergy	

Eye Drops

Hold for 1 week

Alaway	Patanol
Ketotifen	Pazeo
Optivar	Visine allergy
Pataday	Zaditor

Benzodiazepines

Hold for 1 week

Brand name	Generic name
Ativan	Lorazepam
Halcion	Triazolam
Klonopin	Clonazepam
Librium	Chlordiazepoxide
Onfi	Clobazam

(with prescribing physicians approval)

Brand name	Generic name
Restoril	Temazepam
Tranxene	Clorazepate
Valium	Diazepam
Versed	Midazolam
Xanax	Alprazolam

Herbal Supplements

Hold for 1 week

Astragalus	Licorice supplement	St.John's Wort
Feverfew	Milk Thistle	
Green Tea supplement	Saw Palmetto	

****If you are currently taking oral steroids you must be off of them for 10 days before having an allergy skin test**

Medrol	Prednisone
Methylprednisolone	Prednisolone
Orapred	Sterapred

****You must get approval from the prescribing physician to stop any beta blocker medications****

Beta Blocking Agents

Hold for 10 days

Brand name	Generic name	Brand name	Generic Name
Betapace	Sotolol	Sectral	Acebutolol
Blocadren	Timolol	Sorine	Sotalol
Brevibloc	Esmolol	Tenoretic	Atenolol
Bystolic	Nebivolol	Tenormin	Atenolol
Coreg/Coreg CR	Carvedilol	Timolide	Timolol
Corgard	Nadolol	Toprol	Metoprolol
Inderal/Inderide	Propranolol	Trandate	Labetalol
Lopressor	Metoprolol	Visken	Pindolol
Levatol	Penbutolol	Zebeta	Bisoprolol
Normodyne	Labetalol	Ziac	Bisoprolol

Beta blocker containing eye drops

Hold for 10 days

Brand name	Generic name	Brand name	Generic name
Betagen	Levobunolol	Kerlone	Betaxolol
Betoptic	Betaxolol	Ocupress	Carteolol
Cosopt	Timolol with Dorzolamide	Optipranolol	Metipranolol
Istalol	Timolol Maleate	Timoptic	Timolol

Medication you CAN take before an allergy test:

Nasal Sprays:

Afrin	Nasaril
Budesonide	Nasonex
Flonase	Rhinocort
Flunisolide	QNASAL
Mometasone	Triamcinalone
Nasacort	Veramyst

Other:

Antibiotics	Sudafed
Guafenesin/Mucinex	Singulair
Phenylephrine	