

Your Allergy Testing Has Been Scheduled with ENT Carolina, PA on:

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

## REMEMBER

### THESE MEDICATIONS NEED TO BE STOPPED 7-14 DAYS PRIOR TO TESTING:

**ANTI-HISTAMINES:** (Zyrtec, Allegra, Claritin, Xyzal, Dymista, Meclizine, Astepro, Astelin, Benadryl and over the counter allergy and cold medications)

**SOME TRICYCLIC ANTIDEPRESSANTS:** (Xanax, Klonopin, Amitriptyline, Doxepin, Trazodone, Serzone, etc.)

**SOME HERBAL SUPPLEMENTS:** (Licorice, Green Tea, Saw Palmetto, St. John's Wort, Fever Few, Milk Thistle, Astragalus)

**ANTI-NAUSEA MEDICATION:** (Phenergan or promethazine, Zofran or Ondansetron, Antivert, Meclizine)

**Reglan, Prilosec (Omeprazole), Prevacid, Protonix, Nexium, Aciphex, Dexilant, Tagamet, Zantac, Axid, Pepcid,** may be taken the night before the test but should be withheld the morning of the test.

Remember that "**Beta Blockers**" a class of medication, are used for high blood pressure, arrhythmias, and migraines are contraindicated (**not allowed**) before allergy skin testing. We have attached a list of common beta blockers and we can also look up any medication in question.

You may use steroid sprays (Flonase, Nasonex, Nasacort)

**Singulair and Sudafed may be used until the night prior to testing.**

Please allow approximately 2 hours for the testing.

Wear a short sleeve or sleeveless shirt, as the testing is performed on both arms.

Please call the office at least 48 hours prior to your testing if you are unable to keep your appointment.

Please bring a list of any new medications you are taking since your last visit. Also, please tell the nurse of any new medical conditions or problems you are having.



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**BETA BLOCKERS**

Acebutolol (Sectral, Rhotral, Monitan)

Atenolol (Tenormin, IV & Injection, Tenoretic)

Betaxolol (Kerlone, Betoptic)

Bisoprolol (Zebeta, Monacor, Ziac)

Carteolol (Cartrol, Ocupress)

Carvedilol (Coreg)

Esmolol (Brevibloc injection)

Labetalol (Trandate, Normodyne)

Levobunolol (AK Beta, Betagan)

Metoprolol (Lopressor, Toprol XL, Betalol)

Nadolol (Corgard, Corzide)

Oxprenolol (Trasacor, Slow Trasacor)

Penbutolol (Levatol)

Pindolol (Visken)

Propranolol (Inderal LA, Inderal Injection, Innopran XL, Inderide LA)

Sotalol (Betapace, Sorine)

Timolol (Blocadren, Betimol, Ocumeter, Timolide, Timoptic)



## **NOTICE TO ALL ALLERGY PATIENTS**

**Please remain in the clinic for 30 minutes after an injection!**

This policy is very important and designed for your safety. Anaphylactic reactions, (shock) after an allergy injection, are unusual but can occur without warning at any time. It can cause death if not promptly treated. Reactions may progress rapidly and prevent you from reaching lifesaving medical assistance. Reactions may be delayed but will usually show symptoms within the first 20 minutes. For your protection, we have staff and emergency equipment available in our office whenever injections are given. If you choose to leave the clinic early, against our recommendations, you do so at your own risk.



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