

**ALLERGY AND ASTHMA INSTITUTE OF THE VALLEY
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ALLERGY TESTING INSTRUCTIONS

DEAR PATIENT,

YOUR NEXT VISIT WILL BE FOR ALLERGY SKIN TESTING. PLEASE REVIEW THE FOLLOWING MEDICATIONS THAT NEED TO BE STOPPED BEFORE COMING FOR YOUR SKIN TESTING APPOINTMENT:

PLEASE STOP ALL ANTIHISTAMINE MEDICATIONS. CLARITIN (LORATIDINE), ALAVERT, CLARINEX, ZYRTEC AND ALLEGRA NEED TO BE **STOPPED FOR 7 DAYS PRIOR TO TESTING**. ATARAX, BENADRYL, DIMETAP, NYQUIL, OR ANY OVER THE COUNTER ANTIHISTAMINES NEED TO BE **STOPPED FOR 4 DAYS PRIOR TO TESTING**.

NO VITAMIN C OVER 500MG FOR 2 DAYS BEFORE TESTING

NO HERBAL PRODUCTS THAT HELP WITH ALLERGY SYMPTOMS, ITCHING OR SLEEPLESSNESS FOR 4 DAYS BEFORE TESTING. IE: CAMOMILE TEA/SLEEPYTIME TEA.

CHECK WITH US IF YOU ARE USING ANY ANTI DEPRESSANT, ANTI ANXIETY OR MUSCLE RELAXANT MEDICATIONS. SOME OF THESE MAY NEED TO BE STOPPED 24 HOURS PRIOR TO YOUR APPOINTMENT. **MAKE SURE YOU CHECK WITH THE MD WHO PRESCRIBED THE MEDICATION TO MAKE SURE IT IS OK TO STOP FOR THAT TIME PERIOD**

THERE IS NO NEED TO STOP ANY OTHER MEDICATIONS

IF YOUR INSURANCE REQUIRES AN AUTHORIZATION FOR ALLERGY TESTING, PLEASE CALL THE OFFICE 2 WORKING DAYS PRIOR TO YOUR APPOINTMENT TO CONFIRM THAT WE HAVE RECEIVED THE REFERRAL. IF WE DO NOT HAVE THE REFERRAL, WE WILL NOT BE ABLE TO PERFORM THE PROCEDURE AND YOU WILL HAVE TO RESCHEDULE YOUR APOINTMENT.

PLEASE FEEL FREE TO CALL OUR OFFICE IF YOU HAVE ANY FURTHER QUESTIONS.