



PULMONARY

Associates of Richmond

Allergy Care

Stop Taking These Medications Prior To Testing

It is **important** to **stop** all medications listed or your **appointment** will need to be **canceled**.



ANTIHISTAMINES

Stop taking these 7-10 days
prior to testing

Allegra (Fexofenadine)
Claritin (Loratadine)
Zyrtec (Cetirizine)
Xyzal

Stop taking these 72 Hours
prior to testing (3 days)

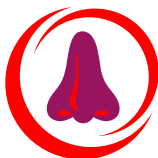
Benadryl
Dymista
Tylenol Allergy Sinus
Tylenol Cold & Flu
Tylenol Flu PM
Azelastine
Doxylamine
Olopatadine



SLEEP AIDS

Stop taking these 72 Hours
prior to testing (3 days)

Tylenol PM
Unisom



LEUKOTRIENE BLOCKING MEDICATIONS

Do not take day of testing

Singular (Montelukast)
Zyfo (Zileuon)
Accolate (Zafirlukast)



ANTACID MEDICATIONS

Stop taking these 24 Hours
prior to testing (1 day)

Ok to take Tums or
Rolaids if needed
Pepcid (Famotidine)
Zantac (Ranitidine)
Tagamet (Cimetidine)



ORAL STEROIDS

Stop taking 2 weeks
prior to testing

Prednisone

TOPICAL STEROIDS

at the site of testing

**PLEASE CONTINUE
TO TAKE ALL INHALERS
AND NASAL SPRAYS
AS DIRECTED BY
YOUR PROVIDER**

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What To Expect During Your Allergy Testing?



Testing process takes about **45 minutes** depending on your — reactions. —

— We test for an —
expanded environmental panel—
animals, trees, grasses, mold
and weeds— **and a food panel**
(as ordered by the provider.)



Testing is done on the **back**. Once allergens have been placed, they — have to sit for **15 minutes**. —

If you have reactions to any of the allergens tested it will *raise up, turn red and Itch.*



— We do not use needles. We use —
scratchers; it's just enough to get a
antigen into the surface of the skin.

If an area itches
DO NOT
scratch the area.

WE CAN NOT TEST YOU IF YOU'VE HAD OR HAVE ANY OF THE FOLLOWING:



Pregnant



Tattoos
(that cover the back area)



Rash or Sunburn
(on back area)



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