



Allergy Testing Instructions

Highland Clinic Allergy & Immunology Department
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(318) 798-4573

PLEASE INFORM THE NURSE OR PHYSICIAN IF YOU HAVE A HISTORY OF ASTHMA

For Your Appointment: Allergy testing is performed on the back or arms. Please eat before your test is performed.

Insurance: Please check with your insurance provider for your benefits information for allergy testing, allergy injections, and allergy serum prior to testing. If you test positive for allergens and elect to begin allergy injections, you will need to pre-pay before any serum is mixed.

Certain medications can interfere with the testing process. Herbal remedies and herbal drinks (including herbal tea) can also interfere with the testing process. It is very important to communicate with our team to review all medications and all herbal supplements prior to your testing!

Do not take **ANY ANTIHISTAMINES** for **AT LEAST 7 DAYS** before your testing. Antihistamines are for allergy relief and will interfere with the results of your test. (This includes both prescribed medications and over-the-counter medications.)

Please avoid the following medications that are sold by prescription or over-the-counter:

Acrivastine (Semprex D)	Doxylamine
Allegra (Fexofenadine)	Herbal Tea
Ambien (Zolpidem)	Nyquil
Antivert (Meclizine)	Optimine (Azatadine)
Appetite Suppressants	Pataday / Patanase (Olpatadine)
Astelin / Astepro Nasal Spray (Azelastine)	PBZ (Tripelennamine)
Atarax (Vistaril, Hydroxyzine)	Pepcid (Famotidine)
Ativan (Lorazepam)	Periactin (Cyproheptadine)
Benadryl (Diphenhydramine)	Phenergan (Promethazine)
Benzodiazepines	Polaramine (Dexchlorpheniramine)
Carbinoxamine (Palgic, RyVent, Karbinal)	Tagamet (Cimetidine)
Chlor-Trimeton (Chlorpheniramine)	Tavist (Clemastine)
Clarinet (Desloratadine)	Temaril (Trimeprazine)
Claritin (Loratadine)	Thorazine (Chlorpromazine)
Diet Medications	Xyzal (Levocetirizine)
Dimetapp / Bromfed DM (Brompheniramine)	Zantac (Ranitidine)
Diphenidol	Zyrtec (Cetirizine)
Doxepin hydrochloride (Sinequan)	

Medications that state "Allergy Relief" or "PM" (Advil PM, Tylenol PM, Excedrin PM, Tylenol Sinus/Allergy, etc.)

Please call our office at (318) 798-4573 with any questions or concerns.