

Allergy testing will determine what you are allergic to and is an essential first step in the treatment of allergies. Please follow these directions when getting ready for this test.

Check with your doctor before stopping your, or your child's medicine. **All antihistamines will affect the results of allergy tests and must be stopped before testing can be done.** If the medicine is not stopped before the test, you will not be able to complete the test.

- Stop these **oral** antihistamines for **5 days** before your appointment:
  - Claritin® (Loratadine)
  - Allegra® (Fexofenadine)
  - Clarinex® (Desloratadine)
- Stop these **oral** antihistamines for **3-4 days** before your appointment:
  - Actifed®, Dimetapp® (Brompheniramine)
  - Atarax®, Vistaril® (Hydroxyzine)
  - Benadryl® (Diphenhydramine)
  - Chlortrimeton® (Chlorpheniramine)
  - Phenergan® (Promethazine)
  - Tavist®, Antihist® (Clemastine)
  - Zyrtec® (Cetirizine)
  - Actifed®, Aller-Chlor®, Bromfed®, Drixoral®, Dura-tab®, Novafed-A®, Ornade®, Poly-Histine-D®, Trinalin® (Combination medicines)
- If you are taking an **oral** antihistamine that is not listed stop the medicine for **3-4 days** before your appointment. If you are not sure if the medicine you are taking is an antihistamine, ask your doctor.
- Stop these medications the **night before** your appointment:
  - Sigulair® (montelukast)
  - Accolate® (zafirlukast)
- Stop these medications the **morning of** your appointment:
  - Zyflo® (zileuton)
  - Tagamet® (cimetadine)
  - Zantac® (ranitidine)
  - Pepcid® (famotidine)
  - Axid® (nizatidine)
- Sometimes antidepressants can also act as an antihistamine. Let your doctor know if you are on any antidepressants before your skin testing.

**Continue to take all your other medicine as you usually do.**

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**Questions? Contact us at (801) 294-5224, or [Info@UtahAllergy.com](mailto:Info@UtahAllergy.com)**