



Bloomington-Normal Office 309-452-0995  
 Springfield Office 217-717-4404  
 Satellite Offices: Carlinville-Morton-Sherman-Jacksonville-Taylorville

**Preparing for Your Skin Test Appointment**

MASA’s staff is skilled in skin testing all ages (infancy to mature adults) and abilities. Please call us in advance if you feel you need any special accommodations or have any concerns.

- **Please allow 1-2 hours for initial visit at our office.**
- Wear comfortable clothing that can easily be removed. A blanket or stuffed animals may be reassuring to have for testing.
- Skin testing is typically applied on the back or inner arms.
- Please bathe to ensure clean skin. Do not apply lotions or creams to the back or inner arms.
- Bring a friend or an activity, as the testing may take a while.
- Please contact us if you learn that you are pregnant prior to getting skin tested.
- If your skin test indicates many strong positive results, please avoid vigorous exercise for 1 hour after the test.
- Have a light snack or meal before coming in for testing. Bring water or a beverage to stay hydrated.

**Medications to Discontinue Before Allergy Skin Test Appointment**

Medications that have anti-histamine properties may be used as prescription and over-the-counter allergy medicines, cough and cold medicines, sleep aids, anti-depressants, anti-nausea drugs, muscle relaxants, anti-itch drugs, motion sickness treatments, nerve and pain medicines. Anti-histamines may negatively affect the results of skin tests. If the medicine is still in the body, the skin tests may then be inaccurate and give “false negative results.” As skin tests may be done on the same day as your first appointment (if allowed by your insurance), it is important that you **read the list below** and stop the medicines noted before you come in for a skin test visit. If these medications are not stopped the required number of days prior to the appointment, you may not be able to complete the skin testing and may need to be rescheduled. Other options may also be considered, such as a blood test.

Along with a usual panel of allergens, MASA staff will apply “positive” and “negative” control skin tests to help ensure accurate results and skin reactivity.

**Continue to take all your other medications as prescribed. Do not stop taking any medication without checking with your doctor first.** We may need permission from your doctor before stopping certain important medications. If you are not sure of medications, please call our office. We can sometimes also suggest alternatives if you have concerns about abstaining from a particular medicine.

<b>Hold/stop these medications 14 days before your appointment. Please check with your primary care doctor first:</b>	
Hydroxyzine (Atarax, Vistaril)	
Amitriptyline (Elavil), Adapin, Sinequan, Tofranil, etc.	
Oral and Injectable Corticosteroids (Prednisone, Medrol, Solumedrol, Kenalog shot, Aristocort shot)	
<b>Hold/stop these oral antihistamines 7-10 days before your appointment.</b>	
Loratadine (Claritin, Alavert) Fexofenadine (Allegra) Desloratadine (Clarinet) Cetirizine (Zyrtec)	Meclizine (Antivert) Cyproheptadine (Periactin) Doxylamine (Bendectin, Nyquil) Cyclobenzaprine (Flexaril) - Muscle Relaxant



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Levocetirizine (Xyzal)	Ketotifen
<b>Hold/stop these medications 4 days before your appointment.</b>	
Azelastine (Astelin, Astepro) Azatadine (Optimine, Trinalin) Brompheniramine (Bromfed, Dimetapp) Carbinoxamine (Rondec) Chlorpheniramine (Chlor-Trimeton, Rynatan, Kronofed, Novafed-A, Ornade, Deconamine) Clemastine (Tavist) Dimenhydrinate (Dramamine) Cimetidine (Tagamet) Trimeprazine (Temaril) Diphenhydramine (Benadryl, AntiHist) Diphenylpyraline (Hispril) Dexbropeniramine (Drixoral)	Natisadine (Duratab) Nizatidine (Axid) Methdilazine HCl (Tacaryl) Olopatadine (Patanase) Famotidine (Pepcid) Phenergan (Promethazine) Phenindamine (Nolamine, Nolahist) Pheniramine (Polyhistine D) Promethazine (Phenegan) Pyrilamine (Kronohist, Rynatan) Lorazepam (Valium, Ativan) Ranitidine (Zantac) Triprolidine (Actifed)

**The following medications are OKAY and need not be stopped:**

<b>MOST ASTHMA and COPD MEDICATIONS</b> <ul style="list-style-type: none"> <li>• Advair, Symbicort, Breo, Spiriva, Aerobid, Azmacort, Pulmicort, Flovent, Qvar, Dulera, Stiolto, Arnuity, Atrovent, Duoneb, Albuterol, Serevent</li> <li>• Theophylline (Theodur)</li> <li>• Accolate (Zafirlukast), Zyflo (Zileuton), Singular (Montelukast)</li> <li>• Cromolyn (Intal), Nedocromil (Tilade)</li> </ul> <b>STEROID NASAL SPRAYS</b> Beconase, Vancenase, Nasalide, Fluticasone (Flonase), Nasacort, Qnasl, Rhinocort, Triamcinolone (Nasacort), Xhance	<b>MISC NASAL SPRAYS</b> Ipratropium, NasalCrom, Xclear  <b>DECONGESTANTS</b> Pseudoephedrine (Sudafed), Phenylephrine (Sudafed PE)  <b>ANTIDEPRESSANTS</b> Paroxetine- Paxil, Sertraline- Zoloft, Fluoxetine- Prozac, Citalopram hydrobromide- Celexa, Escitalopram- Lexapro, Venlafaxine- Effexor  <b>PROTON PUMP INHIBITORS for GERD</b> Omeprazole--Prilosec, Aciphex, Protonix, Prevacid, Nexium
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