

 COLORADO WEST
OTOLARYNGOLOGISTS, P.C.

EAR | NOSE | THROAT | HEAD & NECK SURGERY

Dear Patient,

Thank you for giving us the opportunity to care for you and your allergy/sinus needs. You have been scheduled for skin prick allergy testing to be done here in our office on _____. The test is relatively simple, and we regularly test both children and adults. Testing takes approximately 45 minutes.

The goal of this testing is to identify your specific allergies and to plan a treatment course that will reduce your symptoms. Your treatment plan may include avoidance measures, medication therapy and/or immunotherapy.

If for any reason you are not able to keep this appointment please provide our office with 24 hours advance notice. This allows us to offer this appointment time to another patient and to reschedule your appointment when you are available. **Patients who simply do not show up for their appointment will be charged a \$50 fee.**

We ask that you contact your insurance carrier to ensure that pre-authorization is completed if necessary. The billing code for allergy prick testing is 95004 and for intra-dermal allergy testing is 95024. If we can assist you with this process, please let us know.

Please stop medications as indicated on the following page 7 DAYS PRIOR to your testing date as these medications interfere with your test results. If you are taking a benzodiazepine (diazepam, Xanax, Ativan, lorazepam, Restoril, temazepam, Klonopin, clonazepam, etc.) please contact our office.

The following are a list of common antihistamines, **please note this is not a complete list of all antihistamines!** Many over-the-counter medications and combination drugs contain antihistamines— Allegra, allergy eye drops, Astelin, Atarax, Atrohist, acrivastine, azatadine, Benadryl, Bromfed, brompheniramine, Claritin, Clarinex, Codimal DH, chlorpheniramine, Clarinex, cetirizine, cyproheptadine, Dimetane, diphehydramine, Dura-Vent, Excedrin PM, fexofenadine, Extendryl, Hycomine Compound, hydroxyzine, Kronofed, loratidine, meclizine, methscopolamine, Nolahist, Nolahist, Periactin, Phenergan, promethazine, phenidamine, pyrilamine, Rynatan, Rynatuss, Semprex, Sinulin, Tavist, Trinalin, Tussionex, Tylenol Allergy, Tylenol Cold, Tylenol Flu, Tylenol PM, Vistaril, Zyrtec.

Please note if you are taking a beta blocker you will have to hold this medication for 24 hours prior to skin prick testing. If you have questions regarding this, please call our office.

The following are a list of common beta blockers, **please note this is not a complete list of all beta blockers!** Acebutolol, Atenolol, Betaxolol, Brevibloc, Esmolol, Inderal, Lebetalol, Lopressor, Metapranolol, Metoprolol, Propanolol, Sotalol, Tenormin, Timolol, Toprol, Zebeta.

If you have questions feel free to give us a call.

Remember to wear a short-sleeved shirt for testing convenience. We look forward to working with you.

Sincerely,

Colorado West Otolaryngologists, PC
2515 Foresight Circle, Suite 200
Grand Junction, CO 81505
970-245-2400

MEDICATIONS TO STOP 7 DAYS PRIOR TO ALLERGY SKIN TESTING

****Do not stop asthma medications, antidepressants, or tranquilizers that you have been instructed to take daily. Consult the prescribing provider about stopping benzodiazepines before the testing. Stop beta blockers 24hrs prior to the test (please see the reverse side of this page). Singulair (montelukast) does not need to be stopped. **If you have major hives or swelling, do not stop your antihistamines** Do not use oil, cream or lotion on your back or arms for 24 hours prior to skin testing.**

- Actifed (chlorpheniramine)
- Advil PM, Advil Allergy
- Alavert/Claritin (loratadine)
- Allegra (fexofenadine)
- Alka Seltzer PM
- Antivert (Meclizine)
- Astelin Nasal Spray (azelastine) *stop 1 day prior*
- Astepro Nasal Spray (azelastine) *stop 1 day prior*
- Ataraz (hydroxyxin)
- Azelastine nose spray (Astepro, Astelin)
- Benadryl (diphenhydramine)
- Bonine (meclizine)
- Cetirizine (Zyrtec)
- Chlorpheniramine (Chlor-Trimeton, Actifed, Tussionex)
- Chlor-Trimeton (chlorpheniramine)
- Cimetidize *stop 2 days prior*
- Clarinex (desloratadine)
- Claritin (loratadine)
- Coricidin
- Cyproheptadine (Periactin)
- Dallery
- Desloratadine (Clarinex)
- Diclesis
- Dimenhydrinate (Dramamine)
- Diphenhydramine (Benadryl, ZzzQuil)
- Dimetane
- Dimetapp (brompheniramine)
- Doxylamine (Dayquil)
- Dramamine (dimenhydrinate)
- Dymista
- Excedrin PM
- Famotidine *stop 2 days prior*
- Fexofenadine (Allegra)
- Hydroxyzine (Atarax, Vistaril)
- Levocetirizine (Xyzal)
- Loratadine (Claritin)
- Meclizine (Antivert, Bonine)
- Mucinex Sinus Max Day and Night
- Nyquil
- Nytol
- Olopatadine (Patanase nasal spray) *stop 1 day prior*
- Patanase nasal spray (Olopatadine) *stop 1 day prior*
- PBZ (pyribenzamine)
- Pediacare
- Pepcid *stop 2 days prior*
- Perlactin (Cyproheptadine)
- Phenergan (promethazine)
- Promethazine (Phenergan)
- Pyribenzamine (PBZ)
- Robitussin Allergy
- Sominex
- Sudafed Cold/Plus (plain Sudafed ok)
- Tagamet *stop 2 days prior*
- Theraflu
- Tylenol PM & similar over the counter sleep aids
- Tussionex (chlorpheniramine)
- Unisom (doxylamine)
- Vistaril (hydroxyzine)
- Xyzal (levocetirizine)
- Zantac *stop 2 days prior*
- Zyrtec (cetirizine)
- ZzzQuil

- ❖ **Cough/Cold/Allergy or Sinus medications bought over the counter may have antihistamine in them.**
- ❖ Stop topical steroids 7 days prior, especially on the arms, if possible.
- ❖ **Sleeping aids over the counter often contain antihistamines and should be stopped.** Prescription medications for sleep that do not contain antihistamines may be continued.
- ❖ Antihistamine allergy eye drops (Patanol, Pataday, olopatadine, Elestat, Optivar, Bepreve, Lastacast) and other over the counter allergy eye drops such as Zaditor, ketotifen, Naphcon-A, Opcon-A, Visine AC and all generic allergy eye drops should be stopped 1 day prior to your allergy testing appointment.
- ❖ Plain Sudafed (pseudoephedrine) and phenylephrine are only decongestants and when not added in with an antihistamine are okay and do not need to be stopped. Afrin (oxymetazoline) and NeoSynephrine (phenylephrine), decongestant nose sprays, are also okay. Stop steroid nasal sprays 1 day prior, Flonase (fluticasone), Rhinocort (budesonide)
- ❖ **No licorice, Saw Palmetto, St. John's Wort, Fever few, Milk thistle, green tea, or kimchi within 7 days**