



## **ENTACC ALLERGY TESTING INFORMATION**

**LOCATIONS:** 111 Arrandale Boulevard, Exton, PA 19341  
200 Willowbrook Lane, West Chester, PA 19382

**GENERAL INFORMATION** Skin testing is an accurate and widely accepted form of allergy testing. A follow-up appointment with your ENTACC provider will be required to discuss results and treatment plan. Some patients may experience itching afterwards. Hydrocortisone cream and antihistamines may be taken AFTER testing to help ease discomfort.

**EATING/DRINKING** There are no food or beverage restrictions prior to testing. In fact, we encourage you to eat and drink before your allergy skin testing appointment.

**ATTIRE** Please wear or bring a loose, short-sleeved or sleeveless shirt for testing purposes.

**TESTING TIME** approximately 1½ hour.



**MEDICATIONS** Please see the attached list of medications that may interfere with allergy testing. Please read this list carefully to ensure that you are not taking any of the medications contraindicated for testing. Note: All antihistamines (allergy medications), OTC sleep aides (Tylenol pm/Advil pm), and cold medications must be stopped 1 week prior to testing; however, PLEASE DO NOT STOP ASTHMA MEDICATIONS. If you are taking beta blockers or certain anti-depressants/mood stabilizers (see list), please notify your ENTACC provider, as skin testing may not be the best option for you.

**PEDIATRICS** Feel free to bring a favorite DVD or iPod for your child. Your ENTACC provider can also prescribe a topical numbing cream (EMLA) to be applied to upper outer arms ½ hour prior to testing to help ease fear/discomfort.

**SICKNESS** If you are experiencing a fever, nausea, vomiting, asthmatic flare, or signs/symptoms of a significant illness, testing will need to be rescheduled.

**If you are pregnant or think you might be pregnant, you may NOT be skin tested.**

**RESTRICTIONS** You may NOT exercise the day of testing.

**CANCELLATIONS** In an effort to accommodate patients in a timely manner, we respectfully request 48 hours notice for all cancellations. Please call our office 610.363.2532 to reschedule.

*After testing, it is very rare to experience a severe allergic reaction such as difficulty breathing, throat tightening, lip/tongue swelling, and profuse vomiting/diarrhea. However, if any of these symptoms should occur, seek medical attention immediately.*

## Medications Contraindicated for Allergy Testing

Please do NOT stop taking any medications without first consulting with your prescribing doctor.

It is required that the following medications are not taken 1 week prior to allergy testing.

### Antihistamines:

(cetirizine) Zyrtec  
(chlorpheniramine) Aller-Chlor, Chlor-Trimeton  
(desloratadine) Clarinex  
(diphenhydramine) Benadryl  
(fexofenadine) Allegra  
(levocetirizine) Xyzal  
(loratidine) Alavert, Claritin, Tavist ND  
(meclizine) Antivert, Dramamine  
(promethazine) Phenergan, Anergan

### Antihistamine Nasal Sprays:

(azelastine) Astelin/Astepro Nasal Spray  
Patanase Nasal Spray  
Dymista

### Antihistamine Eye Drops:

Optivar Eye Drops  
Patanol/Pataday Eye Drops  
Zatidor  
Azelastine HCL

**All Over-The-Counter Cold/Cough/Sinus/Allergy Medications: (ex. Advil/Tylenol Cold & Sinus)**

**All Over-The-Counter Sleep Aids: (ex Advil/Tylenol PM)**

**\*\*Please speak to your entacc Provider if you are currently taking a Beta-Blocker Medication.\*\***

### Beta-Blockers:

(atenolol) Tenormin  
(acebutolol) Monitan, Sectral  
(bisoprolol) Zebeta  
(carteolol) Cartrol  
(carvedilol) Coreg  
(esmolol) Brevibloc  
(labetalol) Normodyne, Trandate  
(metoprolol) Lopressor, Toprol XL  
(nadolol) Corgard, Corzide  
(pindolol) Viskin  
(propranolol) Inderal  
(sotalol) Betapace  
(bisoprolol & HCTZ) Ziac  
(Nebivolol) Bystolic

### Beta-Blocker Eye Drops:

(betaxolol) Betoptic  
(carteolol) Carteolol HCl, Ocupress  
(levobetaxolol) AKBeta, Betagen  
(metipranolol) OptiPranolol  
(timolol) Betimol, Timoptic

### Tricyclics Antidepressants:

(amitriptyline) Elavil  
(amoxapine) Asendin  
(clomipramine) Anafril  
(desipramine) Norpramin, Perfofrane  
(doxepin) Sinequan

### Antianxiety:

(alprazolam) Xanax  
(clonazepam) Klonopin  
(diazepam) Valium  
(hydroxyzine) Atarax, Vistaril  
(lorazepam) Ativan

(imipramine) Norfranil, Tofranil  
(mirtazapine) Remeron  
(nortriptyline) Aventyl, Pamelor  
(protriptyline) Vivactil  
(trimipramine) Rhotrimine, Surmontil

**Muscle Relaxers:** (cyclobenzaprine) Flexeril  
(carisoprodol) Soma

**Heartburn Medications: (Do Not Take the Morning of Allergy Testing.)**

(cimetidine) Tagamet  
(famotidine) Mylanta, Pepcid  
(nizatidine) Axid  
(rantidine) Zantac

**Do NOT stop your asthma medications!**