

PREPARATION FOR ALLERGY EVALUATION

We can diagnose most allergies quickly and easily with skin testing using a MultiTest device. We introduce multiple substance (“allergens”) into the outermost layer of your skin. These allergens create a hive if you are allergic to them. This system is relatively painless. We can further test allergens that don’t initially react by injecting them under your skin with a syringe and needle. These two tests determine what allergens you should avoid, and if needed, how to customize your “extract” for allergy shots. At the end of your visit, Dr. Page will review your skin tests and formulate a treatment plan. If you are ill on the day of testing, please call to determine if testing can still be done.

- Allow 2 hours for your visit.
- Fill out both sides of the allergy questionnaire and bring it to your visit. *“Don’t leave home without it!”*
- Please bring copies of records from previous allergists.
- To allow accurate skin testing, **stop all antihistamines at least 48 hours prior to your allergy evaluation** (or longer if noted below).
- **Continue all other medications** including asthma medication, nose sprays, antibiotics, and eye drops.

The following lists some, but not all medicines that contain antihistamines. If you are not sure if any of your medicines contain antihistamines. If you are not sure if any of your medicines contain an antihistamine, call our office.

A.R.M.	CoTylenol	Polaramine
Actidil	Cyproheptadine	Poly-Histine
Actifed	Deconamine	Promethazine
Alka-Seltzer Plus Cold Medicine	Dimetane	Robitussin Night Relief
Allegra	Dimetapp	Rondec
Atarax (1 week)	Diphenhydramine	Ru-Tuss
Atrohist	Drixoral	Rynatan
Azatadine	Extendryl	Rynatuss
Benadryl	4 Way Cold Tablets	Semprex-D
Benylin Cough	Hydroxyzine (1 week)	Sinarest
Bromfed	Isoclor	Sine-off
Bromphen TD	Kronofed	Sinutal
Brompheniramine	Loratidine	Sudafed Plus
Cetirizine	Naldecon	Tavist
Chlorpheniramine	Nolahist	Triaminic (not DM & Expectorant)
Chlor-Trimeton (CTM)	Nolamine	Triaminicol
Clarinet	Novahistine	Tri-Phen-Chlor
Claritin	Optimine	Triprolidine
Clemastine	Ornade	Vistaril
Comhist	Pediacare 2 & 3	Zyrtec
Comtrex	Periactin	
Contact	Phenergan	