

Allergy Testing Information

Allergy Department extension: 109 for questions

1) Scheduling: Appointments for allergy testing are scheduled by our receptionists. Sessions are held during office hours and are 3 hours long. Since many patients may want to test at the same time, **we must ask for 24 hours' notice if you need to cancel or reschedule an appointment.**

2) Preparation for Testing: Please be sure to **avoid certain supplements, medications and foods** that will interfere with skin testing. **Please read the specific avoidance instructions and lists later in this document so that you can plan accordingly.** Many need to be avoided 2-3 days in advance of testing. This will ensure the best result from your allergy testing.

Skin testing is performed on the upper part of the arm, so be sure to wear loose clothing or wear a tee-shirt or tank top under your other clothing.

PLEASE NOTE!

Fragrance-Free Zone: All visitors to our office are asked to avoid using scented products or wearing clothing which has had contact with scented products (i.e., perfumes, colognes, essential oils, lotions, hair products, laundry detergent, fabric softener, dryer sheets, smoke, bug repellent, etc.). The fumes from these products may cause other patients to suffer adverse reactions. **If you forget to comply, you could be asked to reschedule to another day.**

Northampton Integrative Medicine, LLC

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Medications, Nutrients, Herbs and Foods To Avoid Before Allergy Testing

Some medications, nutrients, herbs and foods interfere with allergy testing and treatment, and will need to be changed or omitted prior to your appointment. New medications are always being manufactured, so our lists may not be up-to-date. If you have any questions please call us (**ext. 109** Allergy Dept.).

IMPORTANT: Discontinuing certain medications must be done under the strict advice of your physician, as the medications may be vital to your health.

NUTRIENTS AND HERBS

Discontinue 48 hours before testing. Note: Because of individual variations, we cannot guarantee that items not on this list will be OK to take while allergy testing.)

5-Loxin® (boswellia)	Co Q10	Gingko biloba
Petadolex®	Quercitin products	Stinging Nettle
Vitamin A: (Whether taken separately or in multi vitamin)	Vitamin C: (Whether taken separately or in multi vitamin)	

Fruits and Vegetables to **AVOID BEFORE TESTING** (sources of Vitamin A & C):

Stop eating any of the following fruits or vegetables at least 48 hours prior to testing.

Apricots	Artichoke	Asparagus	Banana
Beans, Yellow Snap	Bell Pepper	Black Berries	Blueberries
Broccoli	Brussels Sprouts	Cabbage, Green	Cabbage, Pe-Tsai (Nappa)
Cabbage, Red	Cantaloupe	Carrot	Cauliflower
Cauliflower, Green	Celery	Chili Pepper, Hot	Collard Greens
Corn	Crambola	Cucumber	Dried Apricots
Dried Plums	Gooseberries	Grapefruit	Green Beans
Guavas	Honeydew Melon	Kale	Kiwifruit
Lemon	Lettuce, Leaf	Lettuce, Romaine	Lime
Mango	Nectarines	Okra	Onion
Orange	Papaya	Peaches	Pear
Pepper, Le Rouge Royale	Pineapple	Plums	Potato
Prickly Pears	Pummelo	Radishes	Raspberries
Rutabaga	Seaweed	Spinach	Squash, Summer
Strawberries	Sweet Cherries	Sweet Potato	Tangerines
Tomato	Watermelon		

ALPHA BLOCKERS

ON DAY OF TESTING: Do not take earlier in the day, but do **take 1 hour after completing** your allergy testing or receiving an allergy treatment injection. **Always take your regular dose the day before testing.**

Aldomet	Amodopa	Cafergot	Cardura
Cardura	Catapres	Clonidine	D.H.E. 45
Dibenzyliline	Doxazocin mesylate	Ergostat	Hylorel
Hytrin	Ismelin	Medihaler Ergotamine	Methyldopa
Minipress	Prazosin	Prazosin HCl	Priscoline
Regitine	Reserpine	Sansert	Temaril
Tenex	Terazosin	Terazosin HCl	Wyntensin

BETA BLOCKERS

DAY OF TESTING: Do not take earlier in the day, but **do take 1 hour after completing** your allergy testing or receiving an allergy treatment injection. **Always take your regular dose the day before testing.**

Acebutolol	AK Beta Eye Drops	Atenolol	Betagan LiquiFilm Eye Drops
Betapace	Betaxolol	Betoptic Eye Drops	Bisoprolol
Blocadren	Brevibloc	Carteolol Ophthalmic	Cartrol
Carvedilol	Coreg	Corgard	Corzide
Esmolol	Inderal	Inderal LA	Inderide
Kerlone	Ketione	Labetalol	Levatol

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BETA BLOCKERS, CON'T.

DAY OF TESTING: Do not take earlier in the day, but **do take 1 hour after completing** your allergy testing or receiving an allergy treatment injection. **Always take your regular dose the day before testing.**

Levobunolol Eye Drops	Lopressor	Lopressor HCT	Metoprolol
Nadolol	Normodyne	Ocupres Eye Drops	OptiPranolol Eye Drops
Penbutolol	Pindolol	Propranolol	Sectral
Sotalol	Tenoretic	Tenormin	Timolide
Timolol Eye Drops	Timolol Maleate	Timoptic Eye Drops	Toprol XL
Trandate	Visden	Visken	Zebeta
Ziac			

ALLERGY PRODUCTS, ANTIHISTAMINES and ANTIHISTAMINES/DECONGESTANTS COMBINED

Discontinue **48 HOURS BEFORE AND AFTER** day of testing **UNLESS OTHERWISE NOTED.**

A.H. Chew	A.R.M.	Aclophen	Actidil
Actifed or Actifed Plus	Actifed Sinus Daytime/ Nighttime	Advil PM	Alka Seltzer Plus Allergy
Alka Seltzer Plus Cold	Alka Seltzer Plus Cold & Cough	Alka Seltzer Plus Nighttime	Alka Seltzer Plus Nighttime Cold
Allegra (Fexofenadine) 72 HOURS	Allent	Aller-Chlor	Allerest HA Strength-Advanced Formula
Allerest Maximum Strength 12 Hour	Allerest Sinus Pain Formula	Allerfrim	AllerMax
All-Nite Cold Formula	Alumadrine	Ambenyl Cough Syrup	Amgenal Cough Syrup
Anamine TD	Anaplex HD	Anergan 25, or 30	Aprodine
Aspirin-Free Bayer Select-Allergy Sinus	Astelin Nasal Spray	Astemizole	Atarax
Atrohist or Atrohist Plus	Azatadine	Banophen	Bayer Select Flu Relief
Bayer Select Night Time Cold	BC Cold-Sinus –Allergy	Belix	Bena-D 10, or 50
Benadryl (Diphenhydramine)	Benadryl Allergy/Sinus HA	Benadryl Cold/Flu	Benahist 10, or 50
Ben-Allergin 50	Benoject 10, or 50	Benylin Cough Syrup	Biohist LA
Brexin LA	Brofed	Bromaline	Bromanyl Cough Syrup
Bromarest DX	Bromfed or Bromfed DM, or PD	Bromodiphenhydramine HCL w/ Codeine	Bromophen T.D.
Bromotuss w/ Codeine	Bromphen	Brompheniramine	Brompheniramine DC
Bronkotuss	Bydramine Cough Syrup	Carbinoxamine	Carbiset or Carbiset TR
Carbodec or Carbodec TR	Cardec or Cardec DM, or S	Cerose DH	Cetirizine HCL
Cheracol or Cheracol Sinus	Children's Tylenol Cold Multi-System Plus Cough	Chlo-Amine	Chlor 100
Chlorafed	Chlorate	Chlordrine S.R.	Chlorgest-HD
Chlorphedrine SR	Chlorpheniramine Maleate	Chlor-Pro or Chlor Pro 10	Chlor-Rest
Chlorspan 12	Chlortab 4, or 8	Chlortrimeton	Chlor-Trimeton 12 Hr. Relief
Chlor-Trimeton Allergy Sinus	Chlor-Trimeton Repetabs	Clarinox 10 DAYS	Clarinox D 10 DAYS
Claritin 10 DAYS	Claritin-D 10 DAYS	Clemastine	Co-Apap
Codehist DH	Codimal A	Codimal or Codimal DM, or LA	Co-Hist
Cold Capsules 12 hr.	Colfed-A	Comhist or Comhist LA	Comtrex Liqui Gels Maximum Strength
Comtrex or Comtrex Allergy-Sinus	Comtrex-Maximum Strength	Congestac	Congestant D
Contac Day & Night Allergy-Sinus		Contac Maximum Strength Multisystem Cold & Flu Relief	
Contac Night Cold & Flu		Contac Severe Cold & Flu Nighttime	
Contact	Cophene B	Co-Pyrionil 2	Coricidin D
Coricidin Maximum Strength Sinus HA	Covangesic	Cyproheptadine HCL	D.A. Chew Tabs
Dallergy or Dallergy Jr.	Dapacin Cold	Dayquil	Decohistine DH
Deconamine or Deconamine SR	Decongestabs	Dehist	Demazin
Dexaphen SA	Dexchlor	Dexchlorpheniramine Mareate	Diamine T.D.
Dihistine DH	Dihydrex	Dimaphen	Dimetane or Dimetane DC

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Dimetane/Dimetane Extentabs	Dimetapp or Dimetapp Cold/Flu	Diphen Cough Syrup	Diphenacen-50
Diphenhydramine HCL	Disobrom	Disophrol	Donatussin
Dorcol	Dormarex 2	Doxylamine	Dristan Cold-Multi Symptom Formula
Dristan-Maximum Strength	Drixoral	Drixoral Cold & Flu	Drixoral or Drixoral Allergy Sinus
Drize	Duadacin	Duralex	Dura-Tap
Dura-Vent or Dura-Vent A	E.N.T.	Ed-A-Hist	ED-TLC
ED-Tuss HC	Effective Strength Cough Formula w/ decongestant	Elastat	Endafed
Endagen HD	Endal HD	Excedrin PM	Extendryl Chewables
Extendryl JR..SR.. or Syrup	Father John's Medicine	Fedahist	Fexofenadine
Flu, Cold & Cough Medicine	Genacol	Genahist	Genamin
Genatap	Gencold	Gendecon	Gen-D-phen Syrup
Genite	Hismanal 60 DAYS	Histagesic	Histaject
Histalet Forte	Histatab	Hista-Vadrin	Histine DM
Histosal	Histussin-HC	Hydramine or Hydramine Cough	Hydramyn Syrup
Hydroxyzine	Hyrexin-50	Klerist-D	Kolephrin or Kolephrin DM
Kophane Cough & Cold	Kronofed-A or Kronofed-A Jr.	Liqui-Histine-D	Loratadine 10 DAYS
Mapap Cold Formula	Mecizine 6 DAYS	Medi-Flu	Mescolor
Methdilazine HCL	Mydyl	Myminicol	Myphetane DC or DX
Naldecon	Naldelate	Nalgest	Nasahist
ND Stat	ND-Gesic	Nidryl	Night Time Effervescent Cold
Night Time TheraFlu Powder	Nisaval	Nite Time Cold Formula	Nolahist
Nolahistine	Nolamine	Nordryl or Nordryl Cough	Norel Plus
Novafed-A	Novahistine DH	Nyquil	NyQuil Hot Therapy – 48 hours
NyQuil NightTime Cold/Flu	Nytcold Medicine	Omnihist LA	Optimine
Optivar Eye Drops	Oraminic II	Ornade	Orthoxicol
P.V. Tussin	Para-Hist AT or Para-Hist HD	Patanol Eye Drops	PBZ
Pediacare Cough/Cold	Pediacare Night Rest Cough & Cold	Pediacof	Pedituss
Pelamine	Pentazine	Pentazine VC w/ Codeine	Periactin
Pfeiffer's Allergy	Phanadex Children's Cough & Cold	Phenahist-TR	Phenameth
Phenapap Sinus HA & Congestion	Phenate	Phenazine 25, or 50	Phencen
Phenchlor	Phendry	Phenergan VC	Phenergan/Phenergan Fortis
Phenetron	Phenhist DH	Phenoject 50	Phenylpropanolamine HCL
Pherzine	Poladex	Polaramine	Polargen
Poly-Histine	Polyhistine D, or DM	Prehist	Prehist –D
Primatuss Cough Mixture	Pro-50	Prometh 50	Prometh or Prometh VC
Promethazine HCL	Prorex 25, or 50	Prothazine	Pseudo-Car DM
Pseudo-gest Plus	Psuedo Chlor	Pyrilamine Maleate	Pyrroxate
Quelidrine	Rentamine	Resaid	Rescon or Rescon-DM, ED, or Jr.
Respahist	Rhinolar or Rhinolar-XR 12	Rhinosyn-DM	Rinade
Robitussin Night Relief	Rotatuss	Zyrtec Itchy Eye Drops	Rondec or Rondec TR
R-Tannamine	R-Tannate	Rondamine DM	Ryna-C
Rynatan	Rynatuss	Ru-Tuss	Seldane-D
Semprex D	Silaminic	Seldane	Sinarest Extra Strength
Sinarest Sinus	Sine-Off Sinus	Simplet	Sinulin
Sinus HA & Congestion	Sinusol-B	Singlet	Snaplets-Multi Granules
S-T Forte or S-T Forte 2		Singular 72 HOURS	
Sinutab Maximum Strength Sinus Allergy		Sudafed Plus – 48 Hours	
Sudafed w/ Antihistamine	Stahist	Statuss	Tavist or Tavist I

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Tavist-D	Tacaryl	Tamine SR	Temaril
Temazin	Telachlor	Teldrin	Thera-Hist
Theramine DM	Terfenadine	Thera-Flu Cold & Cough	Touro A & H
Triacin-C	Time-Hist	T-Koff	Triaminicol Multi-symptom Cough & Cold
Tricodene Cough/Cold	Triafed	Triaminic-12	Triminol
Trinalin	Tricodene Forte, NN, or Sugar Free	Trimeprazine	Tri-Phen-Chlor
Tri-phen-mine	Tri-Nefrin	Tripeleannamine	Tripolidine HCL
Tri-Tannate or Tri-Tannate Plus	Tri-phen-mine S.R.	Triphenyl	Tussanil DH
Tussar DM	Tusquelin	Tussafed	Tusstat Syrup
Tylenol Allergy Sinus-Maximum Strength		Tussionex PennKinetic Suspension	
Tussirex		Tylenol Multi-symptom Hot Medication	
Tylenol PM		Tylenol Cold –Multi Symptom	
Tylenol Flu NightTime-Maximum Strength		ULTRAbrom or ULTRAbrom PD	
Uni-Decon	Vanex Forte or Vanex HD	Veltane	Vick's Children NyQuil NightTime Cold/Cough
Vick's DayQuil	V-Gan 25, or 50	Vick's 44M Cold, Flu & Cough	Vick's NyQuil LiquiCaps
Vick's Pediatric Formula 44M Multi-Symptom Cough/Cold		Wehydryl	
Xyzal 72 HOURS		Zyrtec (Cetirizine) 72 HOURS	

ASTHMA MEDICATIONS

Singulair - Discontinue **72 HOURS BEFORE** allergy testing – **only if asthma is currently controlled.**

CORTICOSTEROIDS

Most steroid inhalers are okay, and occasionally short courses of cortisone by mouth or injection are okay. The everyday use of corticosteroids by mouth for a long period of time may prevent allergy testing. Discuss this with the nurse before or at the time of your first office visit.

ANTIEMETIC/ANTIVERTIGO

Discontinue **48 HOURS PRIOR** to Testing.

Antivert	Antrizine	Arrestin	Bonine
Bucladin-S	Calm-X	Clopra	Compazine
Dimenhydrinate	Dimetabs	Dinate	Diphenhydramine
Dizmiss	Dommanate	Dramamine	Dramocen
Dramoject	Droperidol	Dymenate	Emecheck
Emete-con	Emetrol	Hydrate	Inapsine
Kytril	Marezine	Marinol	Maxolon
Meclizine	Meni-D	Metoclopramide	Naus-A-Way
Nausetrol	Octamide	Phenergan	Prochlorperazine
Reclomide	Reglan	Ru-Vert-M	Tebamide
Ticon	Tigan	Tiject-20	Torecan
Transderm-Scop	Trilafon	Trimazide	Trimethobenzamide
Triptone	Vesprin	Vontrol	Wehamine
Zofran			

H2 ANTAGONISTS

Avoid for 48 HOURS PRIOR TO ALLERGY TESTING.

Phenergan	Tagamet (Cimetidine)
Axid (Nizatide)	Vistaril
Meclazine (or any like medication)	Zantac (Ranitidine)
Pepcid AC (famotidine)	Zatiden (Ketotifen)

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CONSULT PRACTITIONER PRIOR TO DISCONTINUING THE FOLLOWING:

ANTI-ANXIETY

First consult with your practitioner, then discontinue 24 hours before testing.

Atarax	Ativan	Hydroxyzine
Klonopin	Lorazepam	Valium (Diazepam)
Vistaril	Xanax	

INSOMNIA MEDICATIONS

First consult with your practitioner, then discontinue 48 hours before testing

Ambien	Lunesta
Dalmane	Nestoril
Halcion	Sonata

TRICYCLIC ANTIDEPRESSANTS

First consult with your practitioner, then, discontinue 48 hours before testing.

Adapin (Doxepin HCL)	Amitriptyline	Amoxapine	Anafranil
Apo-Trimip (Trimipramine Maleate)	Asendin (Amoxapine)	Aventyl (Nortriptyline HCL)	Clomipramine
Desipramine	Doxepin	Elavil (Amitriptyline)	Emitrip (Amitriptyline)
Endep (Amitriptyline)	Endlil (Amitriptyline)	Enovil	Etrafon (Combination Drug)
Impramine	Impril (Imipramine HCL)	Janimine	Levate (Amitriptyline)
Limbitrol (Combination Drug)	Ludiomil	Maprotiline	Meravil (Amitriptyline)
Norpramin	Nortriptyline	Pamelor (Nortriptyline HCL)	Perphenazine/Amitriptyline
Pertofrane	Protriptyline	Remeron (Mirtazapine)	Rolavil (Amitriptyline)
Sinequan (Doxepin HCL)		Surmontil (Trimipramine Maleate)	
Tofranil (Imipramine HCL)		Tofranil PM (Imipramine Pamoate)	
Trazodone (Desyrel)	Triadapin (Doxepin HCL)	Trialic (Combination Drug)	Triavil
Tripamramine (Imipramine HCL)	Triptil (Protriptyline HCL)	Vivactil (Pritroptyline HCL)	Zonalon Cream

MAO INHIBITORS

First consult with your practitioner, then, discontinue 24 hours before testing.

BuSpar	Eldepryl	Eutonyl (Pargyline)
Eutron (Pargyline & Methylothiazine)	Floxoone (Furzaolidone)	Furoxoone
Matulane	Matulane (Procarbazine)	Nardil
Nardil (Phenelzine)	Parnate	Parnate (Tranyleypromine)
Permax		

PHENOTHIAZINES

First consult with your practitioner, then, discontinue 24 hours before testing.

Chlorpromazine	Compazine	Etrafon	Fluphenazine
Haldol	Haloperidol	Mellaril	Permitil
Perphenazine	Phergan	Prochlorperazine	Prolixin
Promazine	Promethazine	Serentil	Sparine
Stelazine	Thioridazine	Thorazine	Tindal
Trifluoperazine	Trilafon	Vesprin	

DIBENZOTHIAZEPINE

First consult with your practitioner, then, discontinue 24 hours before testing.

Seroquel
