

**CONNECTICUT EAR, NOSE & THROAT, SINUS & ALLERGY SPECIALISTS, P.C.
ALLERGY DEPARTMENT**

PATIENT INSTRUCTIONS FOR ALLERGY TESTING

IMPORTANT NOTE: CANCELLATIONS MUST BE RECEIVED DURING OUR BUSINESS HOURS AT LEAST 36 HOURS PRIOR TO TESTING OR YOU WILL BE CHARGED A \$35.00 FEE.

PATIENTS ARE ADVISED TO HAVE SOMETHING TO EAT OR DRINK PRIOR TO TESTING.

PLEASE READ ALL INSTRUCTIONS CAREFULLY. ANSWER QUESTIONS AS ACCURATELY AS POSSIBLE AND BRING THIS FORM WITH YOU TO YOUR FIRST TESTING APPOINTMENT.

Your provider has recommended a complete allergy workup. We will be testing for inhalant allergies, food allergies, chemical allergies or all of the above. Some of the common inhalant allergens are dust mites, mold, animal hair, feathers and pollens such as trees, grasses and weeds.

We will not test patients who are pregnant or patients who are taking medications that are **beta blockers**. (See list on page 2)

Patients under the age of 18 need to be accompanied by an adult or a release must be signed by parent or guardian.

Testing requires 2 – 3 visits, approximately 30 to 60 minutes each.

We will need access to your upper arms for testing. Please wear a short sleeve shirt.

Caution: The following medications may contain antihistamines or other compounds, which may inhibit testing: muscle relaxants, tranquilizers, antidepressants, sedatives, steroids, eye drops and antihistamine nasal sprays (i.e. Astelin).

STOP taking all prescription antihistamine medications (i.e. Allegra, Xyzal), all over-the-counter allergy medications (i.e. Claritin, Zyrtec), and any cold or sinus medications which contain antihistamines, at least four (4) days prior to testing. If you are taking Clarinex, you must stop seven (7) days prior to testing.

YOU MAY NOT take medications such as: (must stop medication for at least this time period prior to testing)

Allegra (3 to 4 days)	Cortisone (7 days)	Solu-Medrol (14 days)
Astelin Nasal Spray (48 hrs.)	Medrol Dosepak (7 days)	Zyrtec (4 to 5 days)
Antivert (3 to 4 days)	NasalCrom (3 to 5 days)	Patanol/Pataday (24 hrs)
Clarinex (7 days)	Prednisone (7 days)	Zaditor eye drops (24 hrs)
Claritin (4 days)	Benadryl (4 days)	

YOU MAY take medications such as:

- Aquatab D, duratuss, mucinex, Touro LA
- Asthma medication (Singulair, Advair)
- Excedrin, aspirin, tylenol
- Birth Control Pills, hormones
- Antibiotics
- Vitamins
- Nasal saline spray
- Nasal steroid spray (Flonase, Nasacort, Nasonex, Rhinocort, Veramyst)
- Plain decongestant with no antihistamine added
- Blood pressure pills other than beta blockers
- Fluid pills that do not contain beta blockers

If you are unsure about any medication, please check with your pharmacist or physician.

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We do not perform skin testing or allergy therapy on patients taking beta blockers.

Beta Blockers are often used in medications for heart disease, lung disease, high blood pressure and glaucoma. The list below contains many of the currently available beta blocker medications. Please let us know if you are taking any of these or other beta blocker medication.

ORAL BETA BLOCKERS

carteolol (Cartrol)	penbutolol (Levatol)	atenolol (Tenormin)
nadolol (Corgard)	metoprolol (Lopressor, Toprol)	pindolol (Visken)
timolol (Blocadren)	esmolol (Brevibloc)	sotalol (Beta-Pace)
acebutolol (Sectral)	betaxolol (Kerlone)	propranolol (Inderal)
bisoprolol (Zebeta)	strattera	
labetalol (Trandate, Normodyne)		

TOPICAL BETA BLOCKERS

bataxolol (Betoptic)	timolol (Timoptic, Betimol)
carteolol (Ocupres)	levobunolol (Betagan Liquifilm)
metipranolol (OptiPranolol)	

BETA BLOCKERS COMBINED WITH DIURETICS

Tenoretic	Corzide	Timolide
Inderide LA	Normozide	Trandate + HCTZ
Ziac		

If you are unsure about any medication, please check with your pharmacist or physician.