



## INSTRUCTIONS FOR ALLERGY TESTING

1. If you have **ASTHMA**, you **MUST** bring all prescribed medications and inhalers to your appointment. If you have chest tightness or wheezing the day of your test, you will need to be rescheduled.
  2. **STOP TAKING ALL ANTIHISTAMINES FIVE DAYS BEFORE TESTING.** Please refer to the list in your allergy packet. Prescription and over-the-counter antihistamines can affect the accuracy of the allergy test.
  3. If you are taking **ANY HEART MEDICATIONS** such as beta blockers or any other medications for high blood pressure, please notify the office that scheduled your allergy test.
  4. Please notify our allergy tech if you are taking any new medications.
  5. Allow approximately one hour for allergy testing. If you are running late, please contact the office immediately. You may need to be rescheduled.
  6. Do not wear perfume or cologne the day of your testing. You may wear deodorant or mild lotion.
  7. Do not do vigorous exercise one hour before your allergy test.
  8. Notify us before the test if you are planning to become pregnant.
  9. Allergy testing cannot be done if you have a significant sunburn.
  10. Our office will contact your insurance company for pre-certification and benefit information. We cannot guarantee benefits quoted by your insurance company.
  11. Testing will be performed on both arms, please wear appropriate clothing.
- If you have questions, please contact the office that scheduled your allergy test.