



32121 Woodward Ave. Ste. 203 Royal Oak, MI 48073

Anil K. Gupta, MD

Patient Instructions for Allergy Testing

Patient: _____ Appt. Date: _____ Time: _____

**** DISCONTINUE ALL ANTIHISTAMINES (over the counter and prescription) FOR ONE WEEK PRIOR TO TESTING!!****
Claritin Allegra Zyrtec Benaryl Tavist
Most cold and allergy medications

1. Wear loose clothing, preferably a loose t-shirt. Skin testing will be performed on the forearms and upper arms.
2. Small red lesions may be noticeable on the upper arms for 3 – 5 days after testing.
3. Eat a small meal 1 – 2 hours before the appointment. The testing will take approximately 90 minutes. Avoid exercise prior to testing
4. Please notify us if you have: chronic skin condition, asthma, organ transplant, HIV, any autoimmune disorder, or previous reaction to allergy testing.
5. If you have a fever within 24 hours, asthma attack, or severe hayfever, then testing should be rescheduled.
6. Please let us know prior to your appointment if you are on any of the following medications:

A. Beta Blocker Antihypertensives:

Atenolol	Betapace	Blocarden	Brevibloc	Cartrol
Cordarone	Coreg	Corgard	Inderal	Kerlone
Levatol	Lopressor (Metoprolol)	Normodyne	Sectral	
Tenormin	Toprol-XL	Trandate	Visken	Zebeta

B. Glaucoma Eye Drops, St. John’s Wort

C. Antidepressants