

## HNA Allergy & Asthma

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**You have been referred for allergy testing. You will be skin tested with various allergens on your back and arms. Please follow these instructions so we can make this more comfortable for you.**

1. Diet: You may eat your normal diet
2. If you have long hair, you will need to pull your hair back before testing. If you have hair on your back, please make sure that it is removed prior to your appointment
3. Medications: Please discontinue all antihistamines as they inhibit the results of the allergy test.
4. Please do not use any lotion or oil on your arms or back on the day of the testing.

**\*\*Please inform us if you are taking Beta Blockers, high blood pressure medication, or have a heart condition**

**Stop 3 days prior** to your testing appointment:

Ah-Chew	Chlor-Trimeton	Rynatan
Allerest	Claritin (Loratadine)	Seldane
Allegra (Fexofenadine)	Claritin-D	Tavist D
Benadryl (diphenhydramine)	Dymista	Triaminic
Bromfed	Nyquil	Tylenol Sinus
Astelin (Azelastine)	Patanase (Otopatadine)	Tylenol PM
Astepro	Phenergan	non-prescription cold medicines

**Stop 1 week prior** to testing

Atarax (hydroxyzine), Xyzal (levocetirizine) and Zyrtec (cetirizine)

**Medications okay to continue are listed below:**

Flonase (fluticasone), Nasonex (mometasone), Rhinocort, Budesonide

Please give our office 24 hours' notice if you are unable to make your appointment

Feel free to call if you have any questions: 949-481-9701

Thank you!