

Otolaryngology
 Head and Neck
 Cancer
 Pediatric
 Otolaryngology
 Facial Plastic Surgery
 Allergy Management
 Balance Disorders
 Audiology

INSTRUCTIONS FOR ALLERGY TESTING DURING SURGERY

DO NOT take any medications containing **ANTIHISTAMINES** three days prior to testing. (Bear in mind that antihistamines are found in some types of over the counter medications, such as “cold” remedies and cough syrups. Please read labels carefully or check with your pharmacist.)

DO NOT take **CLARITIN, CLARITIN-D, ALLEGRA** or **ZYRTEC** 7 days prior to testing.

DO NOT TAKE THE FOLLOWING THREE DAYS PRIOR TO TESTING*

Muscle relaxers	Sedatives	Ibuprofen	Tranquilizers
Aspirin	Antidepressants	Anti-inflammatory	Excedrin
Nasal Sprays	Alka-Seltzer	Vitamins	Sleeping meds
Tagamet	Zantac	Pepcid	Benedryl

*Please check with your primary doctor before stopping any prescription meds.

YOU MAY TAKE THE FOLLOWING MEDICATIONS

Fluid medications	Hormones	Birth control
Plain Decongestants (i.e. Sudafed)	Regular Tylenol	Blood pressure meds
Asthma medications (try to avoid 6 hours prior to testing).	Saline nasal spray	

You **cannot** be tested or treated if you are taking a Beta Blocker (see attached list). Beta Blockers are often prescribed for hypertension, cardiac problems, eye problems and for migraines. Please bring this to our attention **before** your testing date.

If you have any questions concerning the allergy testing, please contact me at (410) 677-0745.

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