



# Dos and Don'ts for Allergy Testing

## DO



Maintain all other medication, especially those for asthma or similar condition.

Allow one and a half to two hours for your appointment.

Eat your regular meals before appointment.

Call our office if you have any questions regarding your medications.

**Sher Allergy Specialists understands that you are eager to finally get to the bottom of your allergic condition and get back on track. When allergy skin testing is indicated, it can usually be completed during the initial visit. Please help us to make your visit maximally productive by following these dos and don'ts.**

**Please call our Sher Allergy team if you have any questions.**

## DON'T

Take the following antihistamine medications for 7 days prior to testing:  
Alavert, Allegra, Clarinex, Claritin  
Fexofenadine, Loratadine, Xyzal or Zyrtec.

Take the following antihistamines 3 days prior to testing:  
Benadryl, Nyquil, Tylenol PM, Other over-the-counter Cold, Allergy, or Nighttime medications.

Apply any lotion or creams the day of your appointment.

Expose skin to sunburn the week before your appointment.

