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New Patient / Skin Testing: Patient Testing Instructions

1. **New Patients for Skin Testing:** Please plan to be in the office 2 - 3 ½ hours.
2. **Existing Patients for Skin Testing:** Please plan to be in the office 1 ½ - 2 hours.

Some medications, including antihistamines and medications with antihistamine-like properties, can interfere with the skin testing procedure. In order to obtain accurate results, the following medications must be stopped for a full 4 days before the appointment date. For example, if your test is scheduled for Friday, you should not take antihistamines Monday through Thursday.

Antihistamines

- Advil Allergy Sinus
- Advil Allergy & Congestion Relief
- Alavert
- Allegra
- Allegra-D
- Antivert
- Benadryl
- Bonine
- Brompheniramine
- Carbinoxamine
- Cetirizine
- Chlorpheniramine
- Clarinet
- Clarinet-D
- Claritin
- Claritin D
- Clemastine
- Cyproheptadine
- Desloratadine
- Dimetapp Cold & Allergy
- Dimetapp Cough & Allergy
- Diphenhydramine
- Doxylamine
- Excedrin PM
- Fexofenadine
- Hydroxyzine
- Karbinal ER
- Loratadine
- Levocetirizine
- Meclizine
- Vistaril
- Xyzal
- Zyrtec
- Zyrtec-D

Antihistamine Eye Drops

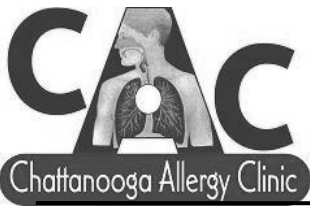
- Alaway
- Bepotastine
- Bepreve
- Epinastine
- Ketotifen
- Lastacaft
- Naphcon-A
- Olopatadine
- Opcon-A
- Pataday
- Patanol
- Pazeo
- Visine Allergy Eye Relief
- Zaditor

Cough and Cold Meds Containing Antihistamines

- Advil Multi-Symptom Cold & Flu
- BC Sinus
- Contac Cold & Flu
- Coricidin HBP Multi Symptom Flu
- Coricidin Cold & Flu Night
- Coricidin HBP Cold & Flu
- Coricidin HBP Cough & Cold
- Dimetapp Cough & Cold
- Dimetapp Nighttime Cough & Cold
- Dimetapp Multi Symptom Cold & Flu
- Excedrin PM
- M-END
- NyQuil
- PediCare Cough & Cold
- Robitussin Nighttime Cough DM
- Robitussin Honey Nighttime Cough DM
- Robitussin Honey Severe Cough, Flu + Sore Throat
- Sudafed PE Sinus Congestion
- Theraflu Severe Cold Relief Nighttime
- Theraflu Flu Relief Nighttime
- Tylenol Cold+Cough+Runny Nose
- Tylenol Cold + Flu
- Tylenol Severe Cough + Sore Throat Night
- Tylenol PM
- Tylenol Cold & Flu Multi-Symptom Night
- Tylenol Cold+Flu+Cough Night
- Tylenol Extra Strength Cold+Flu Multi Action Night
- Tylenol Cold & Sinus PM
- Tylenol Sinus PM

Reflux/Stomach Medications

- Bentyl
- Cimetidine
- Cyproheptadine
- Dimenhydrinate
- Doxylamine
- Dramamine
- Famotidine
- Hydroxyzine
- Meclizine
- Nizatidine
- Pepcid
- Phenergan
- Prochlorperazine
- Promethazine
- Ranitidine
- Tagamet HB
- Vistaril
- Zantac 360



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Antihistamine Nose Sprays

- Astepro Nasal
- Azelastine Nasal
- Dymista
- Olopatadine
- Patanase
- Ryaltris

Psychiatric/Depression/Sleep Medications

These have antihistamine properties and can block skin test results.

Do NOT stop these medications without first discussing with your prescribing provider.

- | | |
|------------------|-----------------------|
| -Advil PM | -Prochlorperazine |
| -Amitriptyline | -Protriptyline |
| -Anafranil | -Quetiapine |
| -Benzotropine | -Remeron |
| -Clomipramine | -Risperidone |
| -Cyclobenzaprine | -Risperdal |
| -Desipramine | -Seroquel |
| -Doxepin | -Silenor |
| -Doxylamine | -Sominex |
| -Hydroxyzine | -Trazodone |
| -Imipramine | -Trimipramine |
| -Mirtazapine | -Tylenol PM |
| -Motrin PM | -Tylenol Simply Sleep |
| -Norpramin | -Unisom |
| -Nortriptyline | -Vistaril |
| -Pamelor | |

1. You may continue antibiotics, asthma inhalers, blood pressure medications, insulin, and steroid medications as usual.
2. Please call our office at 423-899-0431 if you have any questions about a medication not on the list above or about your skin testing.
3. Please notify our scheduling department at 423-899-0431, extension #1014, if you will not be able to keep your appointment.

Most Commonly Accepted Insurance Carriers Include:

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|----------------------|---------------------|--------------------------|
| -AARP | -Champs | -Peachcare |
| -Aetna | -Cigna | -Peachstate |
| -Alliant | -Cover Kids | -PHCS |
| -Americhoice | -First Health | -Railroad MCR |
| -Amerigroup | -GA MKD | -TennCare (most) |
| -BCare Plus | -Greatwest | -TN MKD |
| -BCBS (out-of-state) | -Healthone Alliance | -Tricare |
| -BCBS TN | -Healthscope | -Triwest |
| -Blue Advantage | -Healthsource | -UHC |
| -Blue Care | -Humana Commercial | -UMR |
| -Caresource | -Humana MCR | -Veterans Administration |
| -Cariten | -Medicare | -Web TPA |
| | | -Wellcare Workers Comp |

If your insurance carrier is not listed above, please call our office at 423-899-0431, extension #1014 to confirm whether or not your insurance carrier is accepted