

## Instructions Regarding Beta Blockers Medications

Beta blockers are used to treat high blood pressure, heart disease and glaucoma. If you are currently taking a beta blocker you will need to check with your prescribing doctor to see if you may safely stop this medication one week prior to testing. You will not be able to receive allergy injections while on a Beta Blocker. Your prescribing doctor may want to switch you to a different class of medications if you are considering allergy treatment after your testing is completed.

## Common Beta Blockers:

Acebutolol  
AK Beta (eye drops)  
Atenolol  
Betagan (eye drops)  
Betapace  
Betaxolol (eye drops)  
Betoptic (eye drops)  
Bisprolol  
Blocadren  
Breviboc  
Bystolic  
Cartrol  
Carteolol (eye drops)  
Coreg  
Corgard  
Corzide  
Esmolol

## Common Beta Blockers Continued:

Inderal  
Inderide  
Kerlone  
Labetalol  
Levatol  
Levobunolol (eye drops)  
Lopressor  
Metipranolol (eye drops)  
Metoprolol  
Nadol  
Nebivolol  
Normodyne  
Ocupress (eye drops)  
Optipranolol (eye drops)  
Penbutolol  
Propranolol  
Sectral  
Sotalol  
Timoptic (eyedrops)  
Tenoretic  
Tenormin  
Timolide  
Timolol  
Toprol  
Trandate  
Visken  
Zebeta  
Ziac

## Antidepressants:

Some antidepressants can affect allergy testing results. **NEVER** stop your antidepressants without asking your prescribing doctor. If you are taking an antidepressant, please notify us.



## Allergy Testing & Injections Relief is Here!



Your physician has ordered allergy testing as a part of your evaluation and treatment planning. Our primary goal is to ensure that you are safe, comfortable and well-informed throughout this process. Allergy testing allows your physician to create a treatment plan that addresses your specific immunotherapy needs. Our experienced allergy testing team will ensure that you receive excellent care and will be there every step of your journey.

**(281) 203-5015**

**[www.entwoodlands.com](http://www.entwoodlands.com)**

## Preparing for the Test

Carefully review the medication list. Follow the instructions on when to stop medications that interfere with allergy testing. If the medication that needs to be stopped was not prescribed at our office, contact the prescribing doctor to confirm that you may safely stop taking the medication for the duration required prior to testing. If you are taking a medication listed under the Beta Blocker list, it is very important you discuss with your doctor if you may change that medication for testing and long term, should you need to start allergy injections. Patients using Beta Blocker medications may not receive allergy injections as these medications interfere with the medications we give for extreme reactions and can result in patient injury or even death. If you are unable to change to another medication your treatment plan may need to be changed to medical management or sublingual therapy.

## Medications to Stop

### Three weeks (21 days) prior to testing stop taking:

Atarax  
Hydroxyzine  
Vistaril

### One week (7 days) prior to testing stop taking:

Beta Blockers: see specific instructions  
ALL Nasal Sprays  
ALL Anti-Inflammatory Medications  
ALL Steroid Medications  
Allegra (if taken daily)  
Antivert (Meclizine)  
Claritin  
Clarinet  
Dramamine  
Loratadine  
Optivar (eye drops)  
Patanol (eye drops)  
Xyzal (if taken daily)  
Zyrtec (if taken daily)

### Three days (3) prior to testing stop taking:

Acrivastine	Nolamine
Astemizole	Periactin
Atrohist	Phenergan
Azatadine	Promethazine
Benadryl	Pyrilamine
Bromfed	Rynatan
Brompheniramine	Rynatuss
Cetirizine	Semprex
Chlorpheniramine	Tavist
Codimal DH Syrup	Tussionex
Cyproheptadine	Tylenol Allergy
Dimetane Cough Syrup	Tylenol Cold/Flu
Diphenhydramine	Tylenol PM
Dura-Vent	<b>Xyzal (if taken daily)</b>
Extendryl	<b>Zyrtec(7 days prior)</b>
Fexofenadine (including Allegra)	

### Forty eight hours (48) prior to testing stop taking:

Cough Syrups, allergy medications, cold remedies, anti-itching and sleep aids.

Celebrex	Nyquil
Celexa	Mobic
Cymbalta	Paxil
Effexor	Prozac
Elavil	Wellbutrin
Lexapro	Xanax
Naprosyn	Zoloft

### Twenty four hours (24) prior to testing stop taking:

Aspirin, Advil, Aleve, Excedrin, Ibuprofen  
Axid  
Cimetadine  
Pepcid  
Ranitidine  
Tagamet  
Zantac  
Zyflo



## 1 Day prior to Testing:

**Men:** You will need to shave both of your arms, upper outer side of arms just below the shoulder to above the elbow and the inner forearms from 3 inches about the wrist and 2 inches below the inner elbow area. Do not shave your arms the morning of the test. This must be done at least 12 hours prior to testing to allow any skin irritation to subside.

## The Day of the Test:

- Do NOT drink any caffeinated beverages (4 hours prior)
- Shower in the morning. Do NOT apply any lotion, cream or perfume on your arms, deodorant is fine.
- Do NOT smoke or use tobacco products for 4 hours prior to the test.
- Do NOT apply any lipstick.

## What to expect During the Test:

The allergy test will take up to 2 hours to complete. During the appointment there will be a period of time between the applications of the testing antigen and when the results can be read. Please bring a book, magazine, or electronic tablet to pass the time. Testing is done on the arms. **Please wear a short sleeved or very loose sleeved shirt that will be easy to roll up.** An initial “control test” will be performed to ensure your skin will respond properly to the testing. If this initial test result is not normal, you may have residual medications lingering in your body and the allergy test may have to be rescheduled. A pulmonary screening test will be done. This will ensure you do not have a lung condition that would put you at risk during testing. Please inform us if you have asthma, a history of a lung condition or use inhaled medications.

