



**DUANE M. GELS, MD, FAAAAI**  
Board Certified ABAI  
Clinical Faculty - Johns Hopkins  
129 Lubrano Drive, Suite 200  
Annapolis, MD 21401  
Phone 410.573.1600 Fax 410.573.5841  
[www.annapolisallergy.com](http://www.annapolisallergy.com)

## PREPARATION FOR ALLERGY TESTING

PLEASE READ CAREFULLY

- **MEDICATIONS YOU ARE REQUIRED TO DISCONTINUE:**

**ANTIHISTAMINES** interfere with skin testing. **Discontinue** all prescription and over-the-counter antihistamines at least **7 days** prior to testing. Below is a list of common antihistamines. Check your medication label for these. **This list may not be complete.** If you are unsure, please **CALL OUR OFFICE AT 410.573.1600.**

|                   |                  |                        |              |
|-------------------|------------------|------------------------|--------------|
| Advil Allergy     | Bromfed          | Desloratadine          | Phenergan    |
| Advil PM          | Brompheniramine  | Dimetapp               | Promethazine |
| Alavert           | Cetirizine       | Doxylamine             | Robitussin   |
| Alka-Seltzer Plus | Chlorpheniramine | Dymista                | Theraflu     |
| Allegra           | Chlortrimeton    | Fexofenadine           | Triaminic    |
| Allegra D         | Clarinet         | Hydroxyzine            | Tussionex    |
| Allegra ODT       | Clarinet D       | Levocetirizine         | Tylenol PM   |
| Astelin           | Claritin         | Loratadine             | Xyzal        |
| Astepro           | Claritin D       | Nyquil                 | Zyrtec       |
| Atarax            | Comtrex          | "PM" label (ANY BRAND) | Zyrtec D     |
| Benadryl          | Diphenhydramine  | Patanase               |              |

- **MEDICATIONS YOU MAY or MAY NOT BE REQUIRED TO DISCONTINUE:**

**BLOOD PRESSURE, HEART, DEPRESSION, ORAL STEROIDS (PREDNISONE) or MIGRAINE MEDICATIONS** may affect testing. **Do not discontinue these medications without consulting our office.**

- **DO NOT DISCONTINUE ASTHMA MEDICATIONS:**

Examples: Singulair, Advair, Alvesco, Asmanex, Dulera, Symbicort, Flovent, Pulmicort, QVAR, Albuterol (Ventolin, Proventil, ProAir, Xopenex), and any other lung inhalers.

**IF YOU ARE UNSURE ABOUT ANY MEDICATION, PLEASE CALL  
410.573.1600.**



**DUANE M. GELS, MD, FAAAAI**  
Board Certified ABAI  
Clinical Faculty - Johns Hopkins  
129 Lubrano Drive, Suite 200  
Annapolis, MD 21401  
Phone 410.573.1600 Fax 410.573.5841  
[www.annapolisallergy.com](http://www.annapolisallergy.com)

## PREPARATION FOR ALLERGY TESTING

PLEASE READ CAREFULLY

### • ADDITIONAL INSTRUCTIONS:

- **DO NOT APPLY CREAMS OR LOTIONS TO ARMS** unless medically necessary. Deodorant/Antiperspirant is OK.
- Please **WEAR or BRING A LOOSE, SHORT SLEEVED SHIRT** on the day of testing. We will need access to your arms up to your shoulders.
- **LENGTH OF VISIT** cannot always be predicted. *Be prepared to stay 2 – 4 hours*, unless we advise you otherwise. Feel free to **bring a book or a DVD**. A DVD player is available.
- **EATING** prior to visit is recommended as food is not allowed in the office. (*see below*)
- **BRING COPIES** of Blood Tests (if relevant), previous **ALLERGY TESTS, Chest X-RAYS, and/or CT Scans**.

### • IN CASE OF ACUTE ILLNESS:

**IF YOU ARE ACTIVELY WHEEZING, COUGHING, or incidentally have HIVES (welts) on the day of your visit, allergy testing may not be possible.** If this is your first visit, will be evaluated by Dr. Gels, but testing may need to be postponed. Alternatively, you may call us to reschedule.

**!! VERY IMPORTANT !!**  
**PLEASE**  
**! NO FOOD OR DRINK IN OFFICE !**

Young patients with life-threatening food allergies are regular visitors in our office. A small crumb found by a toddler and ingested could cause a serious reaction. Water bottles, infant formula, dry cereal (i.e. Cheerios) are acceptable.