

## Click The Link Below:

### **New Patient Questionnaire Form**

#### DRIVING DIRECTIONS

##### **From Harrisburg**

83 South to exit 14 (old exit 4)  
Turn right at traffic light  
Go through next set of traffic lights  
We are on the left at the next intersection

##### **From Baltimore**

83 North to exit 14 (old exit 4)  
Turn left at traffic light  
Go through 2 sets of traffic lights  
We are on the left at the next intersection

##### **From York Hospital**

Take South George Street to  
Leader Heights Road and turn left at traffic light  
Turn right at next intersection  
We are on the corner

##### **From Red Lion**

Take 74 towards York  
Turn left onto Leader Heights Road  
Go through 5 sets of traffic lights  
We are on the left at the next intersection

#### **PATIENT INSTRUCTIONS FOR SKIN TESTING**

Skin tests are a method of testing for allergic antibodies. A test consists of introducing a small amount of the suspected substance of allergen into the skin and noting if there is a development of a positive reaction, which consists of a red, itchy hive. The results are read 15-20 minutes after application of the allergen.

You will be tested with allergens based on your history. These allergens may include important pollens to the area, dust mites, pet dander, molds and possibly foods. Other clinically relevant testing may include

venom, latex, antibiotics and local anesthetics. Skin testing generally takes 60-90 minutes.

To prepare for skin testing you need to avoid the class of drugs called antihistamines and “antihistamine-like” compounds. These may include cold and cough medicines, sinus tablets, allergy medicines, some heartburn medicines, and even some sleeping medicines. Some of the names of these drugs are listed on the reverse side. Please review the list and stop taking when indicated. You may continue to use plain decongestants such as Sudafed, nasal steroid sprays and any asthma inhalers.

**Please let us know:**

1. If you are taking Beta-Blockers.
2. If you are pregnant.
3. If you have a fever.

If you have any questions about the medicines you are currently taking and their interaction with skin testing, please call.

**Please find below a list of medications to stop prior to testing. Be aware that this is not a complete list, but a guideline. Call our office or ask a pharmacist before you take any over-the counter-medications.**

Please allow 2 hours for the testing and time spent with the physician. MEDICATIONS TO **STOP** PRIOR TO SKIN TESTING  
**(717) 747-5777**

# Medications To Avoid Prior to Allergy Testing

(to stop at least 5 days prior unless otherwise noted)

\*\*\*Stop ANY over-the-counter meds that say "COLD", "SINUS", "ALLERGY", "P.M." \*\*\*

## Benzodiazepines - DO NOT STOP UNLESS OKAY WITH DR WHO PRESCRIBED THESE (7 DAYS)

alprazolam (Xanax, Nirvam)	chlordiazepoxide (Librium)	clonazepam (Klonopin)
clorazepate (Tranxene)	diazepam (Valium)	estazolam (Prosom)
flurazepam (Dalmane)	lorazepam (Ativan)	midazolam (Versed)
oxazepam (Serax)	temazepam (Restoril)	triazolam (Halcion)

## Atypical Antidepressants / Sedatives - DO NOT STOP UNLESS OKAY WITH DR WHO PRESCRIBED THESE (5 DAYS)

bupropion (Wellbutrin)	eszopiclone (Lunesta)	mirtazapine (Remeron) 7 days
quetiapine (Seroquel) 7days	trazodone (Deryrel)	zolpidem (Ambien)

## Tricyclic Antidepressants - DO NOT STOP UNLESS OKAY WITH DR WHO PRESCRIBED THESE (7-14 days)

amitriptyline (Elavil)	amoxapine (Asendin)	clomipramine (Anaframil)
desipramine (Norpramin)	doxepin (Sinequan)	imipramine (Tofranil)
nortriptyline (Pamelor, Aventyl)	protriptyline (Vivactil)	trimipramine (Surmontil)

## Antihistamines - 1<sup>st</sup> Generation (some of these can be found in OTC COLD, FLU, COUGH, or SLEEP medications)

bromphenarimine	chlorpheniramine (Teldrin)	clemastine (Tavist)
cyproheptadine (Periactin)	dexchlorpheniramine (Polaramine)	diphenhydramine (Benadryl)
dimenhydrinate (Dramamine)	hydroxyzine (Atarax, Vistaril)	ketotifen (Zatiden)
meclizine (Antivert)	methdilazine (Tacaryl)	phenindamine (Nolahist)
promethazine (Phenergan)	pyrilamine (Nisaval)	triprolidine (Myidyl, Zymine)

## Antihistamines - 2<sup>nd</sup> Generation

cetirizine (Zyrtec)	desloratidine (Clarinet)	fexofenadine (Allegra)
levocetirizine (Xyzal)	loratadine (Alavert, Claritin)	

## Eye Drops and Nasal Sprays that Contain Antihistamines

ketotifen (Alaway, Zaditor)	azelastine- nasal (Astelin, Astepro)	azelastine- eye (Optivar)
azelastine/fluticasone (Dymista)	Lastacaft	olopatadine- nasal (Patanase)
olopatadine- eye (Patanol, Pataday, Pazeo)		