

ELIZABETHTOWN PEDIATRICS

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BARDSTOWN PEDIATRICS

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Allergy Pre-Testing Instructions

1. STOP the following meds **7 days** prior to testing:

- ALL antihistamines (Zyrtec, Claritin, Allegra, Alavert, Hydroxazine, & all generic forms of these)
- ALL beta blockers (drugs ending in lol) Consult your physician before stopping any beta blockers
- Tricyclics Antidepressants (amitriptyline, Elavil, doxepin, nortriptyline, sinequan, ECT.) Please consult your physician or prescriber before stopping these medications.
- ALL H2 Blockers (Zantac, Tagamet, Pepcid, or Axid)
- Stratterra & Ritalin
- Sedative

2. Benadryl/Diphenhydramine CAN be taken but has to be stopped 48 hours before Allergy testing.

3. You CAN take pseudoephedrine, Singulair, Mucinex, nasal spray (as long as it's not Astelin), and asthma inhalers.

EMLA Cream Instructions: (If you were prescribed: for kids 6 years and younger)

Apply to **BOTH** arms liberally (**DO NOT** rub into skin) at **least 1 hour prior to an appointment time:**

- Underside of forearms from wrist to bend of arm
 - Upper side outermost arms from elbow to top of shoulder
 - There should be a **thick white coating** on both arms
 - Wrap both arms with plastic wrap (ie Saran wrap)
 - Hint: You can use clear packing tape to secure cream to outer shoulder area, for this is where the **VERY FIRST** injections will go. It is very important that the child not feel these injections, so careful attention should be given in these areas.
- For questions, please call and speak with the allergy nurse at 270-769-0110